

HERCULES II

[Apollo - Power - One]



lesson **1**



THIS IS THE
START
OF A
NEW LIFE
FOR YOU

Welcome to the Hercules II fold! ...

Congratulations! You have entered the wonderful world of Bodybuilding — From this day on you are entitled to call yourself a bodybuilder — or a physical culturist if you like. The important thing is that you are one of the 'special' people who have taken steps to improve yourself physically . . . You will never look back . . . From now on your world may well seem a different place. The fact that you have enrolled with us means that you are serious about improving your physical condition and overall appearance. In like manner we now pledge our sincerity in helping you attain the best possible physique, together with utmost strength, health, and fitness. Your body appeal is now OUR concern. It is our duty to keep the promises we made earlier before your enrolment. Believe us when we say that we are going to do our best to perform a 'miracle' before your eyes. We are going to attempt to transform you into the kind of person you always wanted to be. Have faith in us and chances are you will come ALL THE WAY TO PHYSICAL PERFECTION with flying colors.

Before undertaking this or any other Musclebuilding or fitness course you should always make sure that you are in normal health before starting. This is merely a precaution for your own good. Of course the chances are that you are in excellent health right at this moment. However we recommend that you first have a check-up with your family doctor. By all means show him this first lesson so that he will get an idea as to what you will be doing. In all probability he will be delighted that you have undertaken such a program of physical training. In addition we have to cover ourselves legally by stating that we accept no responsibility whatsoever for any accident, however unlikely, or damage that may be incurred, through following the recommendations of this course. Accordingly, take care not to perform the proposed exercises on rickety chairs, unstable ground, etc. Think safety in everything you do, whether it be in following this course, or in life in general.

This HERCULES II bodybuilding course consists of twelve lessons. These will be mailed to you regularly in the same manner as this first lesson. The HERCULES II staff will mail out your lessons each Tuesday. Ideally, you should get them in the correct numerical order, one per week. However there may be occasions, though it is unlikely, when a course may arrive a little early or late. Don't let this interfere with your training schedule. Simply keep to the plan as much as possible. You will certainly not suffer by staying on any single lesson for more than the week we propose. Just keep training until the next lesson arrives. You will notice that all your lessons are written in a very simple and easy to understand manner. So easy, even a child could follow the instructions.

It may seem rather ridiculous to state that you should follow all the instructions exactly as laid down, but we have found in our experience that many fellows, even though they have gone to the expense of purchasing our course, still do not follow our recommendations to the letter. As a result they do not make the best type of gains in muscular development! It cannot be emphasized too strongly that you should follow our course to the letter. Read through the text that explains each exercise. Perform it as we suggest. Above all,

do not make the mistake of thinking that if you do **double** the amount of work during your training you will **double** your rate of development. By doing this you may well **half** all progress. In the business of musclebuilding, especially at the outset, you must always be careful not to overwork the body. As a beginner you should train only every other day—never every day. The muscles must be given a day's rest between workouts so that they can continue the building process—muscles build up only during periods of sleep or rest.

SLEEP AND RELAXATION...

You want big muscles? Then you must make sure that you get adequate rest and sleep. You can't expect to play tennis before you work out and go dancing afterwards AND gain substantial bodyweight. Your muscles just must have adequate time to recuperate and build extra power. Whenever you subject your muscles to HERCULES II exercises (or any other vigorous exercises for that matter) the muscle cells are 'broken down' by the repeated tension. This tissue breakdown is what eventually causes a muscle to tire after a certain amount of strenuous exercise. However, these cells must be given rest periods to enable them to rebuild and increase overall muscle size. You must grab periods of physical relaxation whenever you can if you want to make the very best progress in musclebuilding. This does not mean that you have to neglect your household duties or quit your job. We are simply suggesting that for optimum progress you do not indulge in extra physical recreation. Learn to conserve energy... Rest at all opportunities, especially after meals, if possible. The amount of sleep you need will naturally vary from individual to individual, but as a general rule a beginning bodybuilder should get at least eight hours sleep each night.

FOOD...

Nutrition is tremendously important... You are what you eat. Don't fill up on what could be termed 'foodless foods', i.e. sodas, hot dogs, candies, white flour products, etc. Eat a balanced diet of vegetables, salads, potatoes, meat, fish, eggs, whole wheat bread, fruit and whole milk. If you are inclined to be fat in the first place, then reduce sugar, pastry, bread, potatoes, and substitute skimmed milk for whole milk.

However, if you are on the thin side then you must always bear in mind that your muscles cannot enlarge unless they have enough 'fuel' to enable this enlargement to take place. A secret that virtually all the professional bodybuilders use is to eat five small meals a day instead of three large ones. This serves a dual purpose:

1. It prevents the stomach from being over-stretched which can give you a bloated feeling.
2. It gives the body a more constant food supply since your muscles are being fed more regularly.

Always have a good hearty breakfast. An example would be: juice, cereal, bacon and eggs, toast and honey, and a beverage. Even people who wish to lose flab should have something for breakfast!

Now here is a suggested meal plan for the skinny fellow who wants to make the best possible musclebuilding progress:

BREAKFAST

Orange juice
Cereal and milk
Sausage, eggs, bacon
Slice toast, jam/honey
Glass milk

MID-MORNING

Glass milk
Cheese or meat whole wheat bread sandwich

LUNCH

Salad (either chicken, tuna, salmon, sausage,
ham or beef). Milk

MID-AFTERNOON

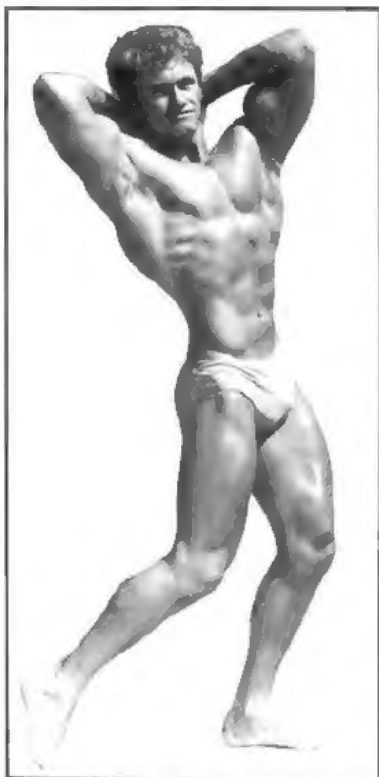
Milk
Cheese, fish or meat sandwich

SUPPER (large meal)

Meat, potatoes, vegetables
Dessert
Beverage

BEFORE RETIRING TO BED

Glass milk



Robert Naiton's body is a product of this course plus scientific nutritional intake. His body shows beautiful male proportions.

It should be mentioned that if ultimate progress is to be made in the musclebuilding process, then it is a good idea to mix a good protein powder in with your milk every time you take a glass. Your local health food store should be able to supply you with a good quality protein supplement. Among the best in our opinion are: Casilan, 80% protein; Weider Super-Pro 101; or Proma-Plus.

THE EXERCISES . . .

You may think that you have done most of the exercises we recommend in this course. You may well have. But you can be sure that you have never done them the HERCULEAN way! There are thousands of different variations of training — We believe ours is the very best! Accordingly, we would ask you to perform the exercises exactly as we recommend. . . Do not add any of your own exercises. Do not miss out any of ours. Do follow our exercises, eating and resting principles completely, exactly as laid out, and you will reach the pinnacle of HERCULEAN SUCCESS in double-quick time. In this and succeeding lessons you will be told of many different secrets — techniques used exclusively by the world's champions of the Bodybuilding Mecca. The author of this course is a well known authority on all matters pertaining to the physical perfection through correct training methods. He is well known to the World's best built men. Have faith in this unique program and we will help you realize all the physical developments humanly possible.

WHEN TO TRAIN . . .

It doesn't matter too much what time of day you choose to train. Most successful bodybuilders seem to prefer to train about an hour before their evening meal. Others manage an afternoon or morning workout. Actually there are two times when you should **not** train:

1. As soon as you get up in the morning (the body has to get used to being awake. To suddenly throw yourself into a workout could be injurious.)
2. Immediately following a large meal. (The digestive system should be allowed at least 1½ hrs. to do its job uninterrupted.)

TRAIN THREE TIMES A WEEK . . .

Always beware of training too frequently — three times a week is enough. To do more may well result in staleness — an inability to improve muscle size. Always allow a complete day's rest between your workout sessions, i.e., train Mondays, Wednesdays, and Fridays; or Tuesdays, Thursdays and Saturdays. Try not to train on two consecutive days. Remember the muscle cells need time to replenish themselves and grow larger. Don't try and do too much!

REPETITIONS AND SETS . . .

The term repetition or "reps" is used to denote the number of times you perform a certain exercise. For example, if you perform a 'push-up' three times, you are performing '3 reps'; 6 times, '6 reps', and so on.

Generally speaking it is a good idea to perform at least ten "reps" in any exercise. Of course, as one improves in strength, the number of "reps" one does tends to increase . . . in some cases up to fifty or more.

The term "sets" denotes a series of "reps" you do without stopping. For example, if you perform a series of ten "reps" followed by a rest, this is called a "set". If you do three separate lots of ten "reps" in an exercise, it is known as three "sets" of ten "reps". Five "sets" of ten "reps" would be written 5 x 10. Accordingly you will notice that the movements advocated are written in this manner. The amount of rest one should take between sets of an exercise should almost never exceed one minute. Generally speaking, you rest long enough for your breathing to return to normal and then perform your next set, and so on.

If we list a certain exercise to be performed 3 sets of 10 reps, then don't feel that you must do only the 10 reps we state. Many fellows are able to do more. If you are able to perform 15, 20, or even more reps, then by all means do so. It can do nothing but good. On the other hand, many fellows will find that they are not strong enough to perform the amount stipulated. The answer is to do as many as you can without undue strain. If you can't even do one repetition, then perform a partial rep. In time you will progress until you are able to perform the movements as recommended — and then some!

WHAT TO WEAR . . .

It all depends on where you train. The main point to keep in mind is that the body should always be warm. Don't train in just a swimsuit if you are in a draft or in a heavily air-conditioned room. Wear warm, loose-fitting clothing that enables you to perform the various exercises without in any way hindering your range of movement. Cold muscles do not respond well to exercise and can even be susceptible to minor sprains and muscle tears which could possibly result in lost training time. And subsequently lost muscle building progress.

DON'T MISS WORKOUTS . . .

Whereas on one hand we strongly recommend that you do not over-exercise (three times a week only), we are adamant in recommending that you do not miss any of your scheduled workouts. Of course if you feel sick, have a heavy headache, flu, or are just feeling too tired, then you may have to pass up your workout. To exercise strenuously under these conditions would be ridiculous. Beware, however, of missing a workout through laziness. You must learn to distinguish between genuine tiredness and downright laziness. Sometimes after a rough day at school or at work you feel 'pooped' — you say to yourself that you'd rather have a meal and watch television — you lack enthusiasm. You are really not physically tired — you are probably just mentally 'pooped'. If this is the case then get up and train — just 15 minutes — and you'll be happy you did!

HYGIENE . . .

Always shower away the film of sweat from your body after a workout. This will help keep your skin from breaking out in pimples, etc. Likewise, sweat should not be allowed to collect at the roots of the hair on your head. Wash your hair thoroughly after heavy exercise. More about skin and hair care later in the course. Generally speaking, always strive to keep your entire body well bathed. Cleanliness is next to Godliness. Besides . . . you'll smell better!

HOW TO PERFORM THE EXERCISES . . .

Don't just look at the illustrations. Read the literature explaining how to perform each HERCULES II movement. You will then be 100% sure that you are performing the exercise in the correct manner. As a general rule, perform an exercise with a quick steady movement — no bouncing — just make sure that whatever you are doing, you do with an even, unstrained motion. A fast tempo is more beneficial than a slow one. However, when you first learn a new exercise you should perhaps perform it slowly until you are exactly sure how it is executed.

To repeat . . . This course consists of the most modern, non-apparatus Bodybuilding Principles known to man. You are going to develop the kind of body men respect and girls admire. You are going to be a somebody next season. Whether you go to the beach, lake, or local pool, you will be admired for the kind of red-blooded He-Man you are! Prepare yourself NOW to follow in the footsteps of the world's best built men. Prepare yourself NOW — FOR A NEW, EXCITING LIFE, FULL OF THE REWARDS OF PHYSICAL SUPERIORITY!



FOLLOWING ARE YOUR FIRST WEEK'S EXERCISES...

Perform them conscientiously three times a week with a rest day in between each workout session.

EXERCISE ONE:

Jogging in Place

• body conditioner, warmer/upper

Perform 5–8 minutes at the commencement of the exercise program. This stimulates the body metabolism and growing process of the physique. Additionally, it makes for increased cardiovascular efficiency (for example, a stronger and more efficient heart and lungs) — but more important to you, it warms up your body in preparation for the following purely **MUSCLE BUILDING MOVEMENTS**.

The exercise is a simple one. Simply run in place, lifting knees high with each movement. The higher you lift the knee, the more vigorous the exercise.

Alternatively, if you find that you are tiring too quickly, then simply make the movement less strenuous by reducing the height you lift each leg while jogging.



EXERCISE TWO:

The Squat

• thighs, calves, rib cage, lower back

1. Place a thick book on floor, under heels. Stand upright with arms out in front to help your balance.
2. Lower slowly into the squat position as illustrated until thighs are parallel with floor. Return to standing position and repeat.
3. Take care to breathe deeply during the movement. "In" on the way down. "Out" on the way up.

Perform 2 sets of 10–30 reps, depending on your strength.

EXERCISE THREE:

Heracles Floor Dip

• chest, shoulders, arms, triceps

1. Adopt position as illustrated. Fingers facing forward, hands a little wider than shoulder width apart, seat high in the air as illustrated in (c).
2. Lower into position and with 'bounding' action, raise to original starting position.
3. Lower and repeat with a steady rhythm. The average fellow will be able to do about 8 reps. Perform 2 sets of 8-25 reps, depending on your present strength.

ILLUS. c



EXERCISE FOUR:

Tiger Chair Pull-Up

• upper back, arms, biceps

1. You'll need a sturdy pole (metal preferably, unless you have a wooden pole that will not break under your bodyweight).
2. Adopt a "hanging" position as shown in illus. (e). Make sure that the bar is set firmly before you commence the movement. Place a thick towel under the pole at each end.
3. Slowly 'curl' your arms until your chest all but touches the pole. (illus. (f)). Lower and repeat for as many repetitions as you can reasonably manage. Aim for 2 sets of 6-20 reps.



ILLUS. e



ILLUS. f

EXERCISE FIVE

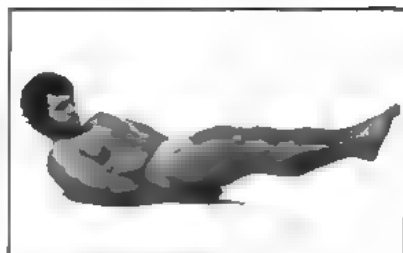
Hercules Leg Raise

• muscle toner

1 Lie on floor with hands tucked under seat as shown in illustration.

2 Raise both legs together until they are about 20 inches off the floor, lower and repeat.

Perform 2 sets of 10-20 repetitions or more if you can manage it. Don't rest feet on the floor after each rep. Rather, just touch heels slightly on the ground and raise legs again. Or, better yet,



That's it for this week. Work hard. Rest. and Eat Well!

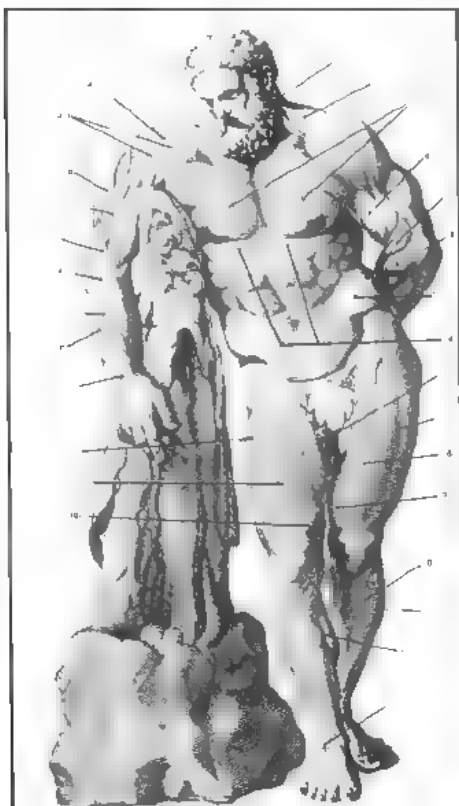
Next week we take you to a completely new program, as you build a 3rd muscle that you may not have. Remember, we are going to take you to a new level of amazing success. When you work for us, it is like you are physically perfect in any way you wish. You are not going to be able to stop. When you rest, we will have you in a state of health. You are going to be able to take on a Super Whipcord muscle. Your shoulders will broaden beyond your expectations.

Stay with us! Follow the instructions to the letter. We are going to turn you into a new man, respected and admired by all. Also, your next lesson will contain special advice on how to fix your skin of unsightly wrinkles and diminishes. It is your chance to learn the secrets of how to train the most powerful muscles in wrestling.

Both these specials made for the most modern and complete MUSCLE BUILDING ADVICE you can find anywhere!

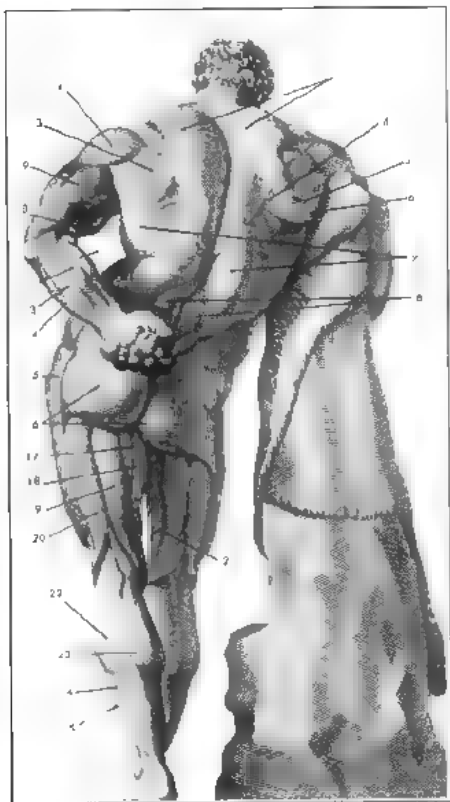
See you next week! Go to it!

HERCULES MUSCLE CHART



NAME OF MUSCLE	ACTION OF MUSCLE	EXERCISES THAT DEVELOP THE MUSCLE
1. Deltoid Anterior	Draws neck back over arm and helps to lift chest if forced and deep breathing.	Straight arm work, neck work, all lifting to shoulders and overhead, handball, boxing, wrestling and gymnastics.
2. Deltoid Lateral	Flexes and supinates forearm and abducts arm.	Forward bending, pushing on forehead and starting with head all lifting involving the trapezius also activates this muscle. Wrestling, boxing and supporting weight overhead.
3. Biceps Brachii Anterior	Extends forearm and helps to supinate hand and wrist.	All forms of forward and lateral pull, all passing movements, all work on the forearm and wrist.
4. Triceps Outer Head	Extends forearm.	Single and two hand curling, reverse curling, chin-ups, all lifting, all work on the forearm and wrist, all gymnastics, wrestling, etc.
5. Brachioradialis	Flexes forearm and helps to supinate hand.	Pressing in various forms, standing, sitting, lying, etc. All extension work, all work on the forearm and wrist, all gymnastics, wrestling, etc.
6. Radialis Longus	Extends hand and wrist with flexor carpi.	Most of the exercises listed in No. 4 and 5 develop this muscle.
7. Radialis Brevis	Extends hand as part of forearm.	Any work on the forearm and wrist, all gymnastics, wrestling, etc.
8. Extensor Digitorum Communis	Extends fingers.	Any work on the fingers, all gymnastics, wrestling, etc.
9. Extensor Carpi Ulnaris	Supports and holds wrist bones together.	Any work on the wrist, all gymnastics, wrestling, etc.
10. Pectoralis	Draws arm forward and upward assists in chest expansion and in rotating arm inward.	All upper body work, all gymnastics, wrestling, etc.
11. External Oblique	Rotates pelvis to the right side.	Any work on the pelvis, all gymnastics, wrestling, etc.
12. Rectus Abdominis	Flexes body, compresses the viscera and depresses thorax.	Any work on the abdomen, all gymnastics, wrestling, etc.
13. Tensor Fasciae Latae	Abducts thigh and rotates inward.	Any work on the thigh, all gymnastics, wrestling, etc.
14. Rectus Femoris	Extends thigh, flexes hip.	Any work on the thigh, all gymnastics, wrestling, etc.
15. Adductor Longus	Adducts thigh.	Any work on the thigh, all gymnastics, wrestling, etc.
16. Vastus Externus	Extends leg.	Any work on the leg, all gymnastics, wrestling, etc.
17. Tibialis Anterior	Flexes foot and elevates the knee.	Any work on the foot, all gymnastics, wrestling, etc.
18. Peroneus Longus	Extends foot and flexes leg.	Any work on the foot, all gymnastics, wrestling, etc.
19. Gastrocnemius	Extends foot and flexes leg.	Any work on the foot, all gymnastics, wrestling, etc.
20. Ligament of Ankle	Supports ankle.	Any work on the ankle, all gymnastics, wrestling, etc.

HERCULES MUSCLE CHART



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HERCULES II

(Apollo - Power - One)



lesson **2**

LESSON TWO

This is your second week of our foundation course. This week you will do the same exercises as you did in week 1. It is here we expect your speed is started at the end of this 1990.

Remember these first two weeks will give you a good introduction towards building a superb muscularity. The entire HEBCLES program is designed to maximize your muscularity in the fastest rate of a year. Please keep in mind that you are following the most advanced and when your bodybuilding techniques obtainable. You will get a very good result usually. However, please do not say that you follow HEBCLES if you say so. But remember our 3 point program:

- 1 You must follow the exercise plan exactly as outlined in these lessons. No more, no less!
- 2 You must get adequate sleep and relaxation each and every day.
- 3 You must eat well and often drink plenty of milk. You are underweight. Proper use of form of eggs, cheese, meat, milk products, beans, fish and nuts is vital to all trainers.

If you choose to neglect any of these points then you will be doing less than your best. It will give your physical appearance and overall condition. In fact you could actually get back most of your bodybuilding progress. Take stock of yourself. Now and you will let your muscles enter renewal growth!

Did you notice your muscles aching after your first few workouts? This is quite normal. It is not ever though it might make you feel a little uncomfortable at first. It shows we know that your muscles are reacting to the HEBCLES program. Even so, this muscle soreness will subside after the first few workout sessions. Keep up your training and you will never experience muscle aches or pains again. But if you give up for a day or two or some length of time when you resume working out you will experience a more severe muscle ache again. But here again, as you get back to your workouts, you will not ache any more.

CONCENTRATION AND INSPIRATION

We have mentioned concentration before, but it merits being explained a little more clearly since it is of prime importance to you as an aspiring bodybuilder. When you perform any of the MERRILL'S exercises you should always keep your mind on the exercise's movement while you are performing. Concentrate on what you are doing. Watch those arms bulge as you press out those reps. See your thighs swell as you squat up and down. Don't exercise while watching TV. Concentrate on your form and endeavour to take full advantage of every exercise. Take note of your mind's focus on what you are doing. Concentrate on employing your best form on each workout. For example, if you can manage ten reps of a particular exercise one workout only, then try to lift reps of a particular exercise during the next workout session. You will only manage this sort of progression if you can concentrate fully each time you workout. And, of course muscle growth is only apparent when you turn the heads and make heads' remarks of your body. **Theoretically speaking, every time you manage to improve your 'reps' at any movement, your muscles will increase in size to accommodate this extra demand. So concentrate more for bigger muscles.**

Improved concentration can then come about if you are truly inspired to improve your body. It is hard to give your mind to anything completely, unless you are really enthusiastic about what you are doing. Have you ever noticed how you can get really psyched up about building muscles through looking at a great bodybuilder's guys, or even watching a Hercules movie on television. Your whole body responds and right there and then you want to work out like a maniac to build a better body. You know the feeling. Your job is to keep this feeling for the duration of this 3 month course. Never allow your mind to get depressed.

Never allow a negative attitude to ruin your lifestyle. Be positive. Check some of the pictures of great musclemen in our brochures and lessons. Think to yourself. This is how you will be.

Imagine yourself joined a fit extremely muscular striding the golden sands of some friendly beach. Imagine the girl's reaching to your powerfully handsome physique. In other words always keep a beautiful image of the kind of build you are striving to construct. Tell yourself you **WILL SUCCEED**. Determine now not to miss any workouts. Determine now that you will keep up your enthusiasm and success is yours. Determine now to remain inspired!

Step Two

Special Vitamins and Minerals for Skin

Vitamin A is an essential vitamin for skin health. A high vitamin A intake is especially good for dry skin. Lack of vitamin A almost always leads to cracked and dry skin. Vitamins A, C, E and niacin are all needed for a healthy smooth skin with a natural elasticity. Cod liver oil is best if the oils do not irritate your unsaturated skin but a spoon of vitamin A, D and E is so much better. You can get your normal requirement by taking one or two teaspoons daily of cod liver oil. Vitamin K is found in leafy green vegetables. Annas or dried tangerine is the best source of vitamin E.

The B vitamins are the special skin vitamins. They all help in keeping a skin young, fair and smooth. Several ailments of vitamin B deficiency have been known to help clear skin getting rid of brown blemishes, cutaneous spots. Foods high in B vitamins are liver, beans, eggs, oysters, cottage cheese or if you lack milk, whole wheat yeast, whole grains, soybeans, peas, watercress and asparagus. Vitamin B is water soluble. The electrolyte drink is a good thing and half a glass of water is essential for the vegetables and fruit you are taking. Spoonfuls of cod liver oil under your eye to fight or replace the juices with a few drops of vitamin E for skin.

Dry Skin.

If your skin is very dry, particularly around the eyes, a silver spoon or high and long by one or two inches swab with a capsule of 25,000 units of vitamin A after breakfast each morning for approximately with a sheet of cold cloth. Use a very mild soap and use creams to prevent the skin from becoming too dry and the wind.

Drugs

At times, medicinal drugs may produce a redness and a skin eruption which is usually skin irritations cause drug rashes.

Step Three

Specific Treatments

Pimples. These can appear at any age. As soon as you notice the start of a pimple, do not be careless. Apply ointment the first 24 hours. Most of the time the infection and inflammation will disappear within a few days. Never squeeze a pimple which is above the level of the upper lip. This is very dangerous because drainage from the abscess might reach the upper jaw, the jugular veins of the face and up to the cavernous sinus in the head. Always apply antiseptics. It comes to a whitehead and a couple of days later the skin is the surrounding tissue. Then if it is a large one, carefully if it will drain off freely to the exterior and will not spread toward the drain.

Blisters. Apply sweetbuds of indigo to the blisters and the skin. Every 24 hours or twice a day. Within 48 hours, the swelling disappears and plus for infection and surgical drainage is avoided.

Step Nine

Fresh Air

A truly healthy skin needs exposure to clean, fresh air. Long walks in the fresh air, taking long walks, are necessary to the skin. Air bathing, even though the sky is overcast, is an immensely beneficial

Step Ten

Rest

Sufficient sleep is important. Make sure you get sufficient sleep, depending on the season. The needs of your body. Insufficient sleep is basically caused by deep unhealed lines and wrinkles will occur. If you eyes and your skin will lose its glow or turn becoming lifeless and dull. In a few weeks, your skin's elasticity

Step Eleven

Smoking:

You should definitely take drastic action to stop. People who smoke heavily and for over a long period of time are aging their skin, among other things. Tobacco smoke contains over 200 poisons which pass through the bloodstream. You can never have the chance of making your skin look its best, you can't if you smoke. It is also a potential for you to have a truly healthy glow. You smoke in all ways will be a hindrance to you, including skin. Sometimes the skin is limited, but it is a hindrance. Some people realizing this, take laxatives in order to improve the condition of their skin. Laxatives will not solve skin problems. Laxatives can be dangerous. You are eating the wrong kinds of food. Stop. One of every five fruits and vegetables, then you will not be troubled with constipation.

HOW TO IMPROVE YOUR SKIN AT WRESTLING

Ever wished you had the strength to beat everybody at the mat? Well, of course, you do. But you are not Hercules. Hercules, of course, you are definitely not. He is above average. A wrestler, you are better than average. You will be good enough for you. You will be the best. You will be the unbeatable.

Here's How

Position your hands on the top of the opponent's head. Turn the head gently to the right and pull the head back. Repeat the same movement to the left.

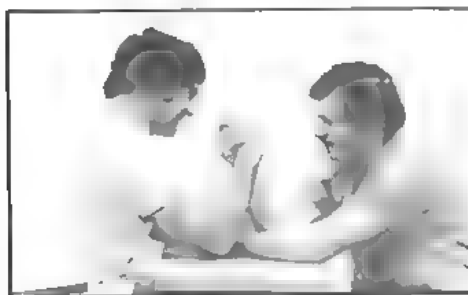
2. Push the head gently forward and backward. It is like a box spring mattress. Then slowly ring it up under pressure. Repeat up to five times without stopping.

Push the head gently up and down. It is like a piston in a pump. Repeat up to five times against his resistance.

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By pulling the head back, you are putting the head in a position where you have the balance of power on your side while putting the mechanics of his power against

your own. This is the same principle as the one used in the first chapter of the book.

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BODYBUILDING QUESTIONS

By far, the most common question we are asked is

“How can I gain weight quickly?”

Our answer may seem somewhat cliché, but again it is hard to hold a person's say if it is to be clever. “I know, I'll just gain it!” Our answer to this most asked question is “Congratulations if you do!” But 9 out of 10 tell us with answer back “But I was like a horse now!”

Our answer is usually “What do you think you're eating?” You probably eat a “special” diet.

If you are asking “we mean eat like skinner with your ribs sticking through your shirt” like a “P.O. sold” or “I'm a horse” then you're probably eating a diet that is not balanced. Most people

“suffer” for you to think that you are eating tons of good food. But what you are eating may not be the best. Most people have a few “junk” items in their diet that are not good for them. If you eat a lot of “junk” food, you may not be getting the nutrients you need to build muscle.

THE EXTRA SKINNY GUY IN NORMAL HEALTH SHOULD GRADUALLY BEGIN EATING HEALTHY BUT HE SHOULD NOT CONSUME IN EXCESS OF 4500 CALORIES A DAY!

Among other things, a diet should be high in protein (2-3% of body weight) and low in fat (10-15% of body weight). A diet with a liberal helping of fruits, vegetables, proteins, and essential vitamins can help you build muscle. Can you imagine how much that you eat and drink that much?

Here are a few examples of champion physiques and their eating habits:

Vic Downs, World's Most Muscular Man 1967

When Vic was trying to break records, he ate a record 100 eggs in one day and averaged over 100 eggs in one day. In addition to regular meals

Bruce Bannet, Mr. Universe 1959

When Bruce was building up to break strength records, he ate a dozen eggs at a sitting, 100 pounds of cheese, 1 lb and at least two steaks. He consumed over 9,000 calories a day!

Fabulous Hercules Wall Push

Exercise 5: The Fabulous Hercules Wall Push. This exercise is performed by standing with your feet flat on the floor, arms extended straight out in front of you, palms flat against the wall surface. Push out and retreat for 3 seconds. Then return to the original position. Repeat for 3 sets. Do not rest more than 30 seconds between sets. You will notice your arms pump up after the first set. Complete these 3 sets. Eat well, drink plenty of fluids and you will gain the kind of muscular physique that is the mark of a Hercules.



As we mentioned at the beginning of this second lesson you will do the same exercises as last week (lesson one) plus we have extra exercises

The two new exercises this week are

Chair Triceps Pushup

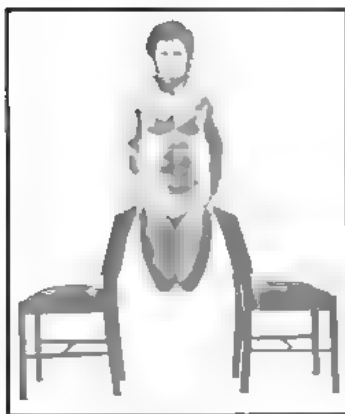
2 x 10

Illus. (a)

Adopt the position as shown in the illustration, hands about five inches apart. Keeping your elbows in to your waist lower the body up and down in a steady rhythm allowing the chest to touch your hands on the bench or chair.



ILLUS. (a)



ILLUS. (b)

Chair Shrug

2 x 20

Illus. (b)

Adopt the position as illustrated keeping your arms absolutely straight. At the time raise and lower your entire body by shrugging your shoulders. Aim to touch the shoulders to your ears each repetition.



1. Standing Posture



2. Squat



3. Plank Posture



4. Bridge Posture



5. Prone Posture



6. Lunge Posture



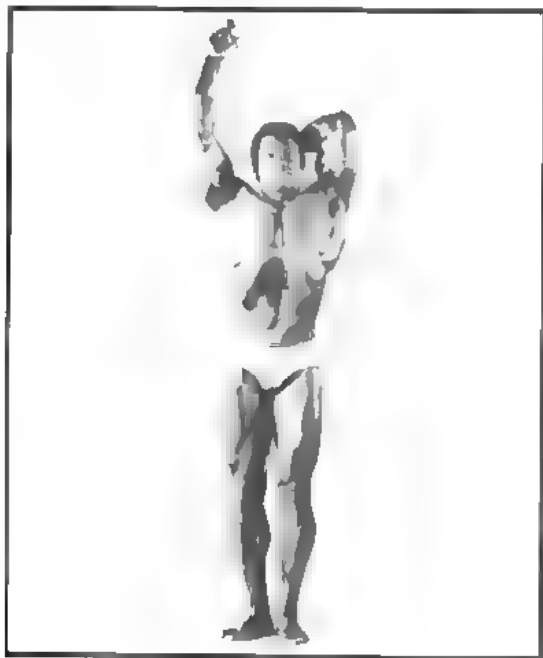
7. Bridge Posture

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That includes you! Just 10 min/week. Handstand on one leg. Next week you will receive Lesson 3.

You will find that in this next lesson you are taken a step further into your bodybuilding advancement. Plus we'd like to give you the super secrets on how to gain **MUSCLE BULK!** Yes, you will be let in on the latest discoveries on how you can increase your bodyweight in the fastest possible way. And, then we detail the simple steps you can take to learn how to do a simple handstand. With advanced tactics showing how you may accomplish the impressive one-handed handstand.

See you next week.



HERCULES II

[Apollo - Power - One]



lesson **3**

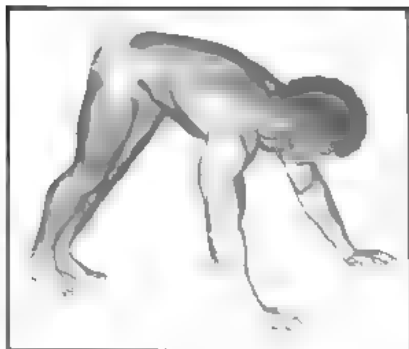
EXERCISE TWO

Jackknife Deltoid Dip

• 10-15 repetitions

Assume a position as shown in illustration.

1. Bend knees and feet flat on floor.
2. Arms extended straight out in front of you.
3. Lower body by bending arms until your chest is within 6" of floor.
4. Push up with arms until arms are straight.
5. Repeat.



ILLUSTRATION

EXERCISE THREE

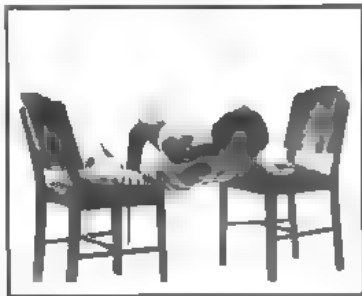
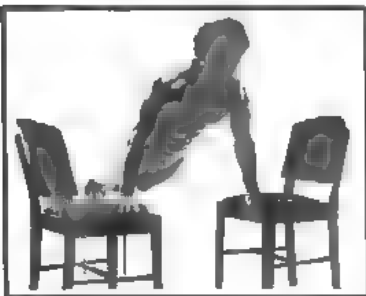
Wide Gap Chair Pulldown

• 10-15 repetitions

1. Stand with feet flat on floor, arms extended straight out in front of you.

1. Place hands, fingers facing straight ahead, on two chairs, just about to touch.
 2. Chairs should be about 26" apart.
 3. Lower body by bending arms until your chest is within 6" of floor.
- Make a steady up/down movement by bending/pulling or rest at any time.

Try 3 sets of 8 reps if you can manage it.



EXERCISE FOUR

Sissy Squats

- thighs and calves

1. Make sure that the body leans back while the hips and thighs are kept forward.
2. Keep feet about 12" apart, hands outstretched in front or on hips to help your balance.
3. Slowly lower body by squatting down, but maintain hips forward throughout the exercise.
4. Raise and lower in rhythmic fashion until full number of reps has been completed.

Perform 3 sets of 16 or more reps

LEGS (M)

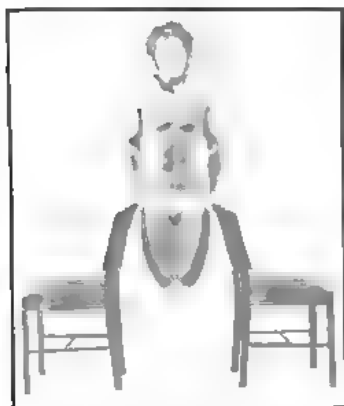


EXERCISE FIVE

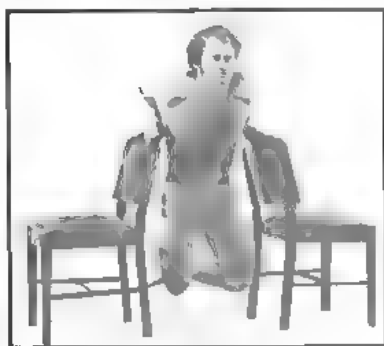
Hercules Chair Dips

• arms, chest, shoulders, neck 3 x 6

1. Adopt a position as shown in top left illustration. Make sure the shoulders are against a wall or something so that they don't slip. Your hands might feel more comfortable if you place a thick towel under each hand.
2. Lower slowly into the position and raise again. Align the body in a straight line slightly while performing the exercise.
3. Continue lowering and raising for three sets of as many repetitions as you can manage without undue strain. Most folks will start with about five reps. You may need to do more at first depending on your present condition.



ILLUS. 5a



ILLUS. 5b

EXERCISE SIX

Side Bands

■ midset on 3 x 50

1. Stand upright as illustrated feet 20 inches apart. Keeping your back straight bend the trunk from side to side.
2. Endeavour to bend as far as you are able in each side. Aim for 3 sets of 50 reps.



It's time again for your weekly fitness Lesson Three. As usual, work hard and allow the exercises to do the rest.

HANDBALANCING

Who has not marvelled with disbelief at the muscular athlete curling up into a controlled hands and then perhaps dipping slowly so that his chest touches the floor, followed by a slow press up to regain the power for two handstand? After a long pause, the body weight shifts to one side so that all the weight is on one arm, and then the free limb slowly raises to show the athlete poised solidly on one arm. The single arm handstand. You too can master this amazing feat. Here's how:

STEP ONE

In order to insure for yourself the best possible results, you must wait before you can run. In our case, you must strengthen the wrists and arms before you can hope to support and carry out the whole of your body weight on them. One of the best methods that we know of doing this can be seen in Illustration 1. Called the crouch balance, it is performed in the following way. On crouching down, great care is taken in placing the wrists correctly on a firm flat about one foot in front of your knees. The hands are positioned with fingers spread out, the index finger pointing directly ahead. See Illustration 2. The value of this expansion position will be recognized late for its help in maintaining balance. The inner thigh is pressed against the elbows thereby enabling the whole of the body to be leaned forward, taking the full weight on the wrists and hands.

Illustration 1 (the crouch balance)



Illustration 2 (the splayed hand)



This exercise should be done slowly, holding the position for as long as possible, for a few minutes each day. Special care must be paid to the head position which should be forward and upward, stretching the neck to its limit.

Another good exercise to increase wrist flexibility and strength is one which can be done at odd times during the day. It is simply that of clenching and unclenching the fists. This can be done without anything in the hands, or if preferred, a soft rubber ball can be used.

As this initial week of your first exercise progresses, you should begin to feel the results of your crouch balance movements. Your arms will gain strength and you will slowly find that you can maintain the balance position for longer periods without undue strain.

STEP THREE

You are now in the position required to teach yourself the art of balance and the way to do this is as follows. When in the handstand position ease your legs slightly back so that only the feet are in contact with the wall. You will find that even if you are not a gymnast you will be able to reach a position of equilibrium with the arms and hands. It is only by trial and error that you will find the correct position. As you become familiar with this position take up the handstand in a more advanced position. You must become familiar with this position before you can attempt to do a handstand in a more advanced position.

[illegible]

STEP FOUR

[illegible]

STEP FIVE

The Free Harvistand

When you begin, you can dispense with the waist and an area of open ground. Just use your safety pillow and practice the true waist position. The feeling now for you must mean the same you may well fall on a hard floor. At first you have to wait for which to have you rise. When this happens, it will prevent an uncoordinated fall. So take one more walk, usually weak, as quickly as possible. The waist and the body will twist to the side and the position is more the same as the first. In the end, it will be a way. With time and practice, you will soon be ready for more experiments and will advance. There are various things that you can now perform, other than the waist, a powerful turning in a round that holds it. As you come down from a round stance position, you will find that by bending the knees a little, your body is somewhat checked before it will come to a stop. Do not be like the elbows that move, or you will have a difficulty in adjusting them out, unless you are very strong. The true exercise will teach you to check what is known as underbalance, something you must learn before being able to perform a good true balance. It is far more difficult to check underbalance than overbalance, so don't hesitate spending some time at this.

Overbalance

It is now that you will feel the necessity of little practice for the easy pressure on the fingers that the balance is checked. Remember, always spread fingers slightly bent. Practice this regularly by deliberately pushing the legs forward, so a slight overbalanced position is done in this the way to make in the work. You begin to fall forward, you can always move one hand a few inches forward as you would if you were new to work on your hands. Although this is not recommended for the perfect handstand should be practiced with no movements of the hands along the floor. However, if learning had habits so don't make any forward movement with your hands unless necessary to save a fall.

Overbalance to the side

Another thing you will find happening is that you may will overbalance and tend to go to the right or left. In the older the answer to his problem is to exert pressure on the side legs as well as the front leg thereby bringing the legs back into balance. You say that if you have difficulty in this is a very difficult exercise. A times allow your legs to shift you to the side and hold it in a position as long as good for general control.

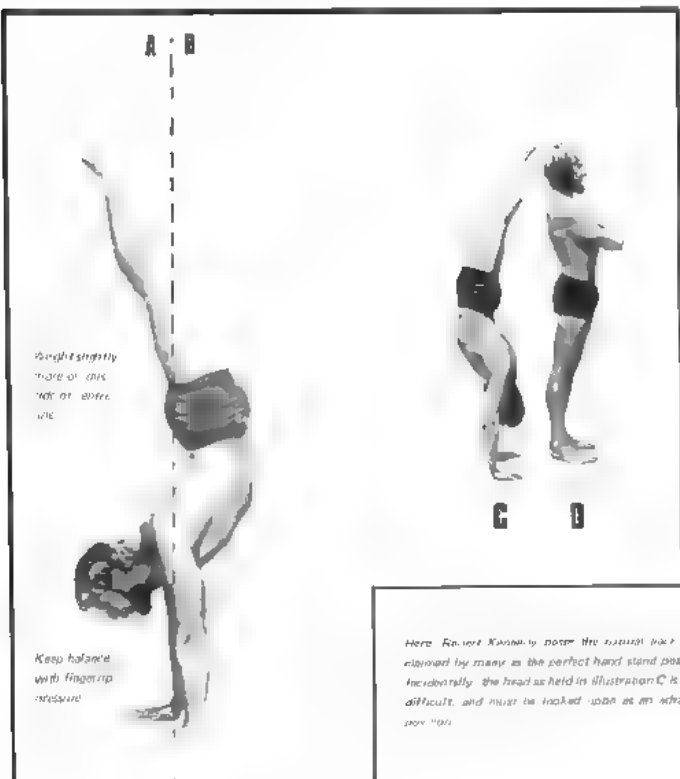
A point of emphasis on the question of balance is that many naturally assume that a pressure on the heel of the hand would make a better balance. See illustration 2. This is false, however, it is only a way in which is an aid to necessary movements. It is not a hindrance to the balance. The correct ability by leaning the knees and the right hand. After a while you should have the ability to lean in any direction without a vertical handstand. If you will practice the immediate steps in the exercise course, need you should now on a course on to correct slight overbalance or a disturbance and slight degrees of side movement. Of the exercises when you build the method of far as a rule of you kicking back is if it is back or head between the shoulders and on in a simple way a foot on the ground off the floor and take a step forward. You can do one of the other cause only in emergencies as a fall flat on the back is horrible, just as disconcerting and, should you miss your safety pole, discouraging.

Some points on balance

There will be those who will slower that they can regain their balance by movement of the legs. To those would say that by the act of leaving the floor should be brought out to the vertical position and not a first. Our to you if it is affirm is you usually to keep the legs together. Although you will find that it is possible to maintain a degree of balance by leg movement, your legs are not the best method to maintain balance. Remember, it is only through the pressure of the fingers against the floor that the balance (holding the centre of gravity) is kept.

STEP SIX

You will notice that in illustration 4 a dotted line has been drawn approximately through the centre of the figure. This is, of course, the centre of gravity mentioned earlier. Theoretically, gravity, although theoretical, becomes a very real point of practice and study if you agree to help yourself. Assume an approximate push up is performed as to show you that when in the best balance, the amount of weight on each side of the line is equal almost, but not quite. The body is slightly more bodyweight on the A side of the line than the B side. This is the overbalanced position that was mentioned. Naturally, the man would fall to the right on to A, but the pressure on the fingertips must be great enough to prevent this from happening. You can, through practice, maintain this state with little or no use of the finger tips and as it is difficult at you should see yourself. Practice does indeed make perfect and as soon as the spirit happens, you will see a remarkable improvement.



Elementary balance must be practised until such time as you can keep the body from shoulders to feet rigid. Once you can do this the amount of muscular effort required to hold balance is greatly reduced. Reaching the point where you can concentrate entirely on fingertip pressure should be your next goal and all practice should be to this end.

To sum up what we have just learned

The body is kept in a state of balance by means of the overbalance being kept in check by fingertip pressure. Underbalance is corrected by bending the elbows and strengthening them to regain the proper position. Always avoid walking forward on the hands except in emergencies. Far apart from being far from heat it ultimately gets the would-be balancer into bad habits which are fatal hard to correct. Remember practice makes perfect; a bad habit practiced enough will make that error perfect. That is why it is so important to practice whatever you do correctly from the very beginning. Control your enthusiasm to progress as fast as possible but bear in mind what has been said. Forgive the pace and establish good balancing habits and eventually. This is why so much time has been taken over the elementary stages of handbalancing.

STEP SEVEN

Variety

You are now in a position to bring a little variety into your balancing practice. Don't be afraid of forsaking your front lawn and trying your handstands on firmer ground or a soft rug perhaps. If you have fir- acilities sand is very good because of its softness, in strengthening the fingers and aiding your progress to the perfect handstand.

STEP EIGHT

The Perfect Handstand

Just what does the perfect handstand look like? It would seem that each of the really expert hand balancers hold a different opinion on this. Some insist that it is only perfect when the normal back arch is eliminated of back however a person would have it is anything about is shown in the handstand picture. See illustration 5. Others prefer a very deep arch in the back and it looks more graceful. General consensus of opinion however is that a further, with the normal arch and more erect position is more desirable and accepted as the most perfect since of the two it is toward this position that we suggest you go in your practice.

STEP NINE

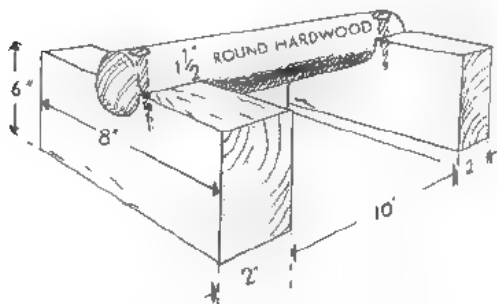
The handstand press-up

Once you have learned the kick up handstand and have mastered fairly well the hands and press-up is your next objective for if you are to achieve the handstand handstand you must start exercising for strength and control. The handstand press-up is performed in the following way. Against a wall and jump heel on raised wall handstand, and don't forget that cushion should be placed directly under the head, for safety reasons. Slowly bend your arms also allow your head to sink to the floor. This is rest is too quick. The next stage most people find much harder for you must straighten your arms fully extend your hand but this is not so difficult by 2 or 3 more at a time performing 5 to 20 a day. This need not necessarily be performed at one time. The benefit of this exercise is enormous. Finally it gives the upper arms triceps and shoulders new strength is gained strength and you need to achieve success in the next step.

Floor Parallel Bars

Many people coming to you will state if they can not easily learn to do a skill by themselves they will start on what is generally known as floor parallel bars. We have assisted many people at the gym at home using the minimum amount of material and thus keeping your costs low. (See Illustration 6)

Illustration 6 (how to construct floor parallel bars)



MAKE TWO OF THE ABOVE FLOOR PARALLEL BARS.

STEP TEN

Learning the one handed handstand

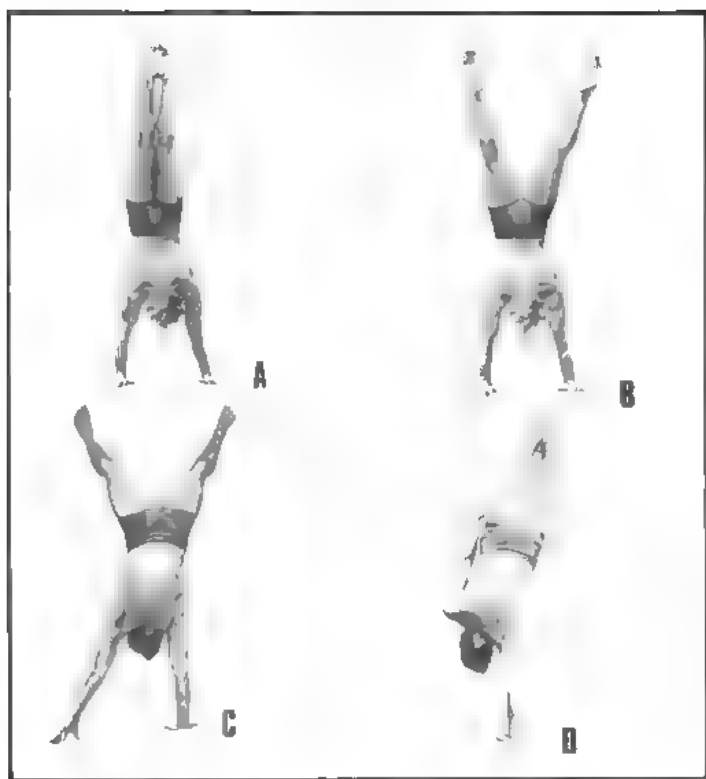
Obtaining the ultimate

Once you have achieved the ability to kick off into a two handed handstand and hold this position for one constant minute, even so, it is far as to how you have been doing. Now, as you can see, the equal probability has been obtained. Don't be too optimistic. For every 100 persons who can perform a handstand, there is only one who will be able to perform a perfect one handed stand! You must be that person who has been prepared to practice regularly and conscientiously and not to give up, even when it is difficult. If all of this one handed stand is the mark of the finished balance, and when you can do gracefully without the aid of a fence, are you one of the chosen few?

The accepted method of obtaining the one handed hands and is to go up on your regular arms and legs, come to a point where you slowly put the legs up, they reach the ten basic position and then slowly move the bodyweight onto your strongest side, slowly the right arm that arm will slowly take all the stress, your weaker arm will still be in contact with the floor or bar, you will be in a position as a means of keeping a balance, after you maintain the bodyweight. Practically speaking, it is why so all your strongest arm can get used to maintaining 90% of your bodyweight. Gradually you will be able to do away with all the weight your weaker arm can use it solely as a balance or aid. At times it is very difficult to return to a point of contact if you find that you are losing the one arm stance.

There are four diagrams showing the position of the body in reaching the one handed handstand. They are as follows: Study them and make particularly notice of the left arm. Figure 1. The arm is extended out to the side, it is only a few inches from the ground. There are a few feet and a balance on the right arm, and will be able to keep the body in a position, the same as the body as a whole, it is very unbalanced, it is a

Illustration 7 the final steps



Difficulties you may encounter

To conclude, it should be reiterated that you must be careful not to progress slowly. Motivate yourself now. Decide that you are going to learn handstanding and be the one you will get a sense of accomplishment once you have mastered the various techniques.

The technique of handstanding is an ancient art of self-defense. It involves the use of a particular set of skills and the secret of the skill is not to be seen. Be the one who will win in a fight only for a month then to spend a year or more trying to learn the skill. Be positive. Practice regularly and you will find that the skill is not as difficult as it seems. Be positive. When you are in a difficult situation, you slowly move the skill on the ground and not the skill on the one who is handstanding.

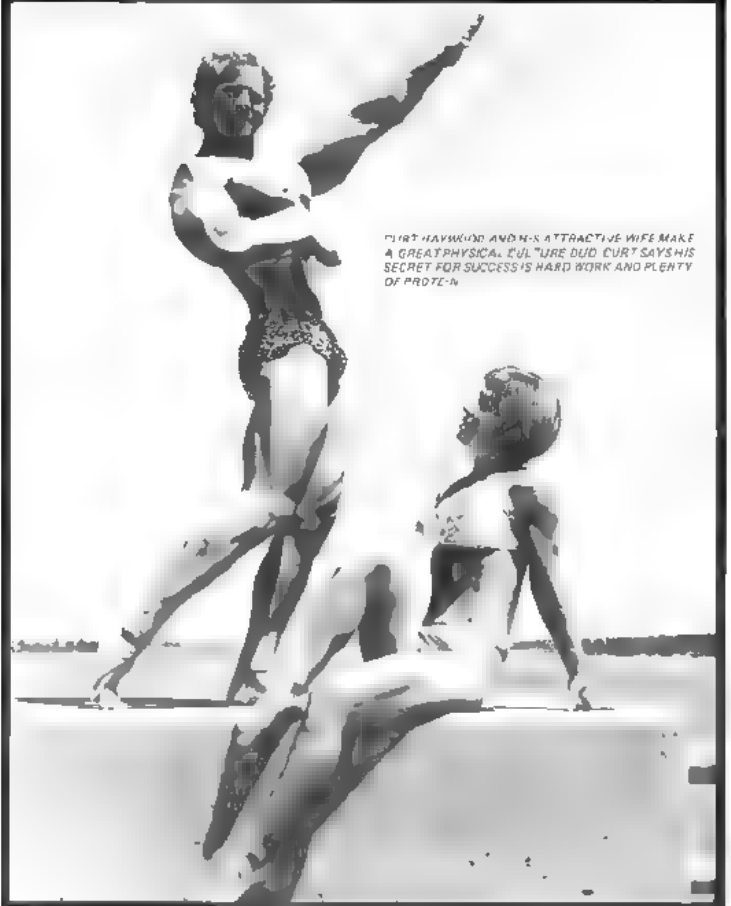


HERCULES II

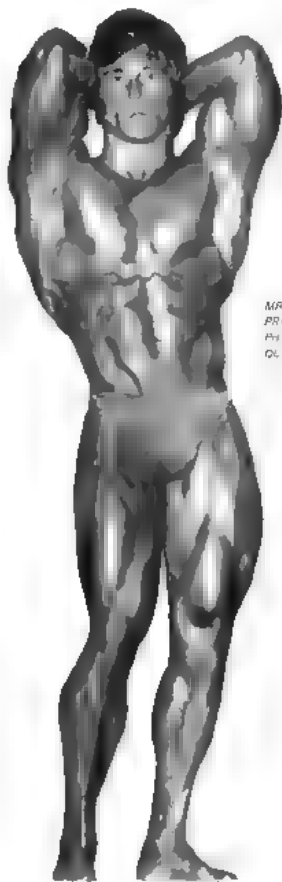
[Apollo - Power - One]



lesson **4**



CURT HAYWOOD AND HIS ATTRACTIVE WIFE MAKE
A GREAT PHYSICAL CULTURE DUO. CURT SAYS HIS
SECRET FOR SUCCESS IS HARD WORK AND PLENTY
OF PROTEIN.



MR. INVERSE FRANK POSE USED THE HERCULES
PRINCIPLES AND EXERCISES TO FILL HIS FLEXIBLE
PHYSIQUE AND HIS SUPERB PROPORTIONS AND
OUTSTANDING MUSCLE DEFINITION

LESSON FOUR

At this point you will not do the same exercise set as fast as you did last week. But you will add a few new exercises. You will also increase the number of sets you do on each movement.

Here are your two new exercises:

EXERCISE SEVEN

Doorway Pulls

2 x 6

This exercise is designed to help you stretch your neck muscles.

1. The usual way to do this is to hold onto the door handle with one hand and pull it in.
2. The art is to pull on the handle so that you stretch the lat muscles back muscle.
3. Bend your knees, keep your back and arms straight. You will feel the tension in your back muscles relax. The overall effect of this special movement is to develop the "U" shape of the back. Perform 2 sets of 6 pulls.



ILLUS (a)



EXERCISE EIGHT

Seated Alternate Leg Kicks

2 x 15

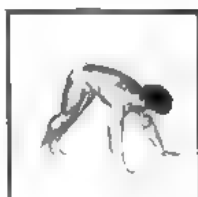
Keeping your legs straight, raise each foot as high as you can (illus. b). While supporting yourself as illustrated on a bench or chair, try and kick each leg higher during each repetition. 2 sets, 15 reps.

ILLUS (b)

Accordingly, your complete schedule will look like this:



2



3



4



5



6



7



At the end of the 10th day, you will be able to do all these exercises. A good way to keep track of your progress is to write down the number of times you can do each exercise in a notebook. This will help you to see how much you have improved over time.

As we mentioned last lesson, we are going to give you some tips on five killer karate moves for your defence.

However, advanced the human body has ageing since the earliest of days when the strongest of primitive man got old and grained, craved his food and vulnerable to death without the weapons we cannot escape. Even basic, common sense, kick and feet, elbows and aggression. If you still with us a humanly controlled, with physical violence is at a higher peak than it is 20th that I have ever seen a day, the whole world. With that, it is the case of not is a important, the all is has very badly it is with your just, it is use several times. In a lifetime. Be it an attack from an enemy, an attempt at robbery by a street, not it is a fight forward, it deal over some emotional or domestic problem in which you are a reaction to fight some dumb and alive out of us, you have to relate to defend yourself. But make them make a guess, matter if the physical struggle is one, two which you are drawn by a few mouthfuls, fully who won, stop, noting you, or another, involves your life or death, it is the man who is trained to cope who wins the day.

What is Dymo Killer Karate?

Dymo Killer Karate is not a sport, it is simple, but very effective, easy to follow, it is by sheer instinct or 'ear' all the five moves, it is for movements that you can put into practice for your own defence. The five moves that can render any attacker **HARMLESS SHATTERED DESTROYED**.

Time and experience have helped us to weed out the good from the bad, the effective from the ineffective, the fighting moves that work from the ones that do not. Dymo then is not a sport, not a game, it is serious, it is your attacker will get hurt, but this is infinitely better than your being off balanced, it is a gutter in the same coin, but not.

Walk softly wrote President Roosevelt, it is a very big stick. When you have mastered these five Killer Karate steps, you will be a Superior Fighting Machine. Carry your stick softly.

Only go into it, if edged or back when it is really deserved. But it is deserved, you really have to protect you self or a loved one. One on attack, then go into attack, 100% full force, use you, new speed and new skills, and all you guys. But if he with four selected Killer moves and ending in a half, it is the proudly excuse of a man, then drag him to a police station or phone the local headquarters, so that the court can deal with him.

Do as we suggest, no more, no less. Don't overdo any of the steps, but perform them as we recommend. Needless to say, we can take no responsibility for any accident or injury that might be sustained through the undertaking of this course, and it is not for does not suggest that Dymo Killer Karate be seriously used unless you are physically threatened.

Follow this instruction: You can do it. You can walk with the confidence of a champion. Believe in yourself in the knowledge that the live Dymo moves can give you the confidence and assurance which is your birthright.

STEP ONE

The Golden Key

The golden key to any successful beginning is attitude of mind. You must give yourself the one precious thing that we are unable to neglect in this course: POSITIVE DETERMINATION THROUGH SELF MOTIVATION. Tell yourself now, before you begin, that you will become a Super Fighting Machine and that now you have this instruction you will never again feel inferior in those inevitable situations that may call you into action.

1. Remember, you can do it. No move is too difficult.
2. Be alert for your training periods. Do not practice when you are tired or distracted.
3. Learning these moves is a matter of you setting aside one hour and work practice daily.
4. Should you, generally, be questionable, consult a qualified physician before you begin. You can complete this instruction and have the fearful ability to smash down all attackers.

STEP TWO

Dymo Hand Conditioning

So that you can derive the full benefit from this instruction, you must start by highly conditioning the hands. Do this in order that you can take full advantage of each successive step. These conditioning exercises have been designed so as to strengthen the body without harming or deforming the body in any way. Hand conditioning is one of the most vital parts of Dymo Karate, for it is of value nothing but as soon done, you are ready to build yourself. Dymo hand conditioning involves toughening the hands, allowing virtual full power blows to be struck at any part of an attacker's body without pain.

The beginner will benefit most from rigid conditioning along with daily soaking in a solution of sea salt and water. 2 cups of salt per quart of water. Soak for 5 minutes each day. Should it begin to dry out the solution can be used repeatedly by adding water only. One week of soaking should be enough for most beginners. In any event, don't soak for more than two weeks at the most.

Finger Tip Conditioning

To strengthen the tips of your fingers, use ordinary household ice. Place uncooked rice in a metal tin or box in to wrist depth. Dig your fingers in, one vertex deep with your hand stiff and fingers close together and extended. Continue this until you feel your hands are ready for the next step, usually nine weeks. (See Illustration A.)

Change from fine to sand when you are ready to this more advanced gradient. Practice session should last for one hour, minimum of two minutes in between. The final step we advise only for those who feel the need to take hand conditioning to the extreme. While this step is not necessarily necessary, if you feel that there may be the odd student with whom to try this advanced step but to repeat only in case you intend to become a real enthusiast. Change the sand bin for one made of small smooth stones. Follow through with this step in the same manner as previously illustrated.

Dyma Hand Chop Conditioning

The hand strike is positioned about two inches above a solid flat striking surface. Strike with the edge of each hand alternately taking care not to strike with the fingers or wrist area. See Illustration B.



Begin striking the surface at a slight numbing point. Then rest for a few minutes and begin again. Do not overdo it. You need to strengthen your hands slowly but surely. Start with a padded surface if you have tender skin.

Having completed this step, move your hand up a further two inches. Strike the surface with the palm and feeling is felt again.

Note: Even though the numbing feeling is felt, continue each step for a period of 5 to 8 minutes each day for five days each week, relaxing on the weekend to allow the hand and skin to rest and recuperate.

Move the starting position of your hand up a further two inches from the table after you have completed step two. Continue moving the starting position of your hand up until enough speed is used to create a crack or blow on the surface without undue discomfort or bruising of the hand. The final step in the Dyma Kung Fu hand conditioning is breathing. To some extent the way you breathe builds the power of your blow. Breathe in deeply when a single vertical line runs down your finger strike. Exhale when you smash down on your imagined opponent. While you have completed this stage you can be assured that any man who would be foolish enough to provoke such a blow from you would live to regret it.

Note: Deep breathing in co-ordination with a hand chop plus more power in the blow by continually supplying the muscles with a fresh supply of oxygenated blood. Make a point of always practicing your breathing during training periods.

STEP THREE

Dymo Karate Power Strikes

A penny pin. This strange tale is a very real one, one that was heard in the dark alleyways and doorways of old England and more probably the Soho district of London. It is a simple yet deadly thing. Yet we will not judge it as such until we see the use of the copper spoked pin. So, regardless of the name, we will come down London's poorly lighted streets that the penny pin was eventually the gentleman of the time whose reputation demanded he they should have a better view of the streets with cronies and others in the great of the very hour of being for enough to catch a man with the new method of a few minutes of the day so that in the heat of even a toughest man, the man's active was not very much worse made as saying when he use a street light guy many an old man London Bobby

How to use:

1. Carry the pennies (50 pieces are best) either in a handkerchief or wad of tissue in a handy pocket at all times.
2. As the signs of a fight quickly teach you to stand around the handkerchief or tissue and insert the coins between your fingers. (See Illustration C and D)



ILLUS. C

ILLUS. D

3. The fist must be clenched very tightly around the pin, tight enough to feel your jaw split if you strike. However, now Practice will show you how to do it's an old story to make the penny piece hand with just one hand in your pocket.

How it Works

The larger pennies will smash through clothes. Depending on the strength you blow a penny pin can inflict crippling damage to vital parts. Acting as a spearhead for your fist, it will result in far more damage to any muscle, bone or tissue than the conventional clenched fist.

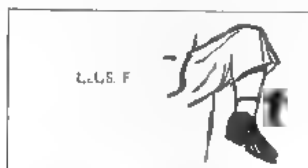
Elbow Smash

The elbow is your most effective weapon when using assisted techniques. It is a much greater striking force than the fist from its angle enabling you to disable your attacker with one blow. See Illustration D.



Knee Smash

This is a most effective form of attack and can temporarily disable a foe. Bend your knee and bring up your leg, striking at the groin of your opponent. This type of attack obviously is reserved for situations when your opponent is at very close range. See Illustration E.



Heel Stamp

Raise your legs slightly, joint the toes away from your body, bend the knee forward and strike by stamping the heel of the foot to the rear. Usually the blow is aimed at the shin and lower leg of your assailant. The injury that can be inflicted by the master use of a karate expert is considerable. With the heel of your shoe the effect is devastating.



The Knife Hand

This is formed by holding the hand as in the hammer-fist position, but with the fingers held tightly at an angle to the palm. See Illustration H. The knife hand can be used in two ways: both extremely painful. The downward chop is the first, and is performed by bending the arm at the elbow and swinging down in a hammer-like motion. Be sure to keep the fingers rigid and close together.

ILLUS. H



The second is the side chop, which is formed by slashing or swinging in a semi-circle from the elbow striking with the edge of the hand. See Illustration I. Both attacks can cause excruciating pain when executed in the correct manner and speed. Both should be practiced against a suitable padded surface or with either rice or sand as was indicated. Speed is your ally—learn to strike fast.

All movements mentioned above should be practiced daily. The fist is used the elbow against a soft surface, and the same with the knee and heel. Foot should be a suitable practice material and get to it. What you need to develop is speed and accuracy.

STEP FOUR:

Dyna Nerve Blows

The following are four devastating nerve blows that you must learn and execute perhaps only with a friend until they are second nature to you. Take time also to consider these blow terms. Say to yourself: *whether which of the defence moves that I have learned would be best in dealing with this or that person in this or that position. In a word, become attack and defence conscious.*

(i) Red Eye

Hold the hand horizontal γ in the clenched fist form. Strike forward and upward into the corner of the attacker's eye.

(ii) Double Finger

Using the index and middle fingers only in the knife hand form, strike outward and upward at the base of the lower eyelid. This is to be used only as a last resort as it is quite easy to blind or even dislodge the eye γ using this drastic measure. (See Illustration J)

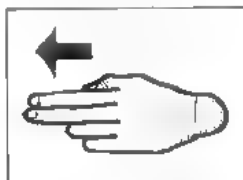
(iii) Flat Hand Nose Crush

Smash straight upwards into under part of nose with heel of hand. (See Illustration K)

ILLUS. I



ILLUS. J



ILLUS. K

iv) Killer Throat Crush

Smash straight into the adam's apple using a powerful joint locked fist technique. If there is no time this will be instantly out of your opponent's defence against it. If you are in a position to either breaking off your attack, or finishing him off. (See Illustration L.)

ILLUS L



Note: Excessive use of alcohol, tobacco and most certainly drugs will contribute to your lack of energy when the need to exert yourself arises. Smoking not only contributes to heart disease, lung throat and mouth cancer, but it also starves the system of oxygen and poisons the life giving blood to the extent of retarding normal growth. I say this, for you must either drink or smoke, do try to moderate your habits. Ideally it would be much better to stop.

Street Fighting Stance:

Experience has taught us that the best possible fighting stance to adopt (and use) when there is the chance of danger, or when no open aggressiveness has begun, is one which shows no hostility, yet prepares you for action if required.

The position should be as follows. The body should be relaxed yet ready for action. You should be facing the opponent (with feet shoulder width apart, one foot slightly ahead of the other. Which foot is forward will depend on which is your striking hand. Your knees should be slightly bent, weight evenly placed, head up and eyes on opponent's chest. In this way it is possible to detect any movement from either the opponent's arms or legs. A confident appearance is most important, as often this can set the attacker to back down.

STEP FIVE.

The Five Movements of Dymo Kiler Karate

When you have undergone the conditioning and gained both speed and strength from the exercises, you are ready for the most important step of all. The five specially designed moves for your personal defence of Dymo Kiler Karate. The way in which they will be written out for your ease of understanding is as follows:

- (a) the type of attacks you are most likely to encounter
- (b) the Dymo counter movements themselves

DYMO MOVEMENT ONE

Standing Face to Face

How does trouble start? It usually begins in one of two ways.

- (a) It evolves through argument and is therefore predictable.
- (b) It is pre-meditated by another (planned to take you by surprise)

The first form of attack is usually the easier to deal with by virtue of the fact that you and the aggressor will more often than not be standing facing one another. Should you ever find yourself in this position, there is what you must and must not do. In the former the one should not let his pride and honour and ego's unavoidable (unavoidable) ebb because of actual bodily harm when it is pride and honour and ego's sake the first rule must be when it is possible remain calm but quietly adopt the fighting stance. Or readiness. Do keep your hands by your sides and let all the aggressive action come from your opponent. In other words, keep away from trouble whenever you consider it possible. The hug then continues no less and tries to lay his hands on you, then it's time for you to act. There are again usually two ways in which a man will physically try to intimidate another he believes to be weaker than himself.

- (a) He will point and stab at him with an outstretched finger or
- (b) He will grab the lapels of his jacket or a handful of sweater

Counter

Let your opponent get as close to you as possible the nearer the better. Choose your time and it is strike

- a. Step quickly forward on your left leg so that the front of your right shoulder is facing the front of his right shoulder. Any outstretched pointing or stabbing finger will be sweetly blocked by your body as you step forward in a series of small movements. In this course your mind is quick, powerful, determined and efficient.
- b. Kick as if kicking a ball with toes nearest with your right leg so that your leg swings up inside and past the right leg of your adversary. At the same time grab his left lapel or shoulder with your right hand. If he is pointing, then grab as far up his right arm as possible with your left hand. He will or tentatively stab with a pointed finger or else subside and then are likely to be using their right hand. Should he not be pointing, grab his shoulder.

c) The final movement is a sweep downward and outward with your right leg, sweeping down as fast and quickly as you can from the highest point of your upward kick. Your leg must strike your opponent's leg or legs either at his knee height or just above. Practice with each you can complete this whole movement in less than a second. This action of sweeping away a man's legs in one quick movement will by itself put a man on his back. But there is one last act a touch that will if done correctly completely dispose of you having to bother about that again on this occasion and unless it's a foot or any other occasion. At the exact moment when your leg makes contact with his, pull as hard as you can with your left hand and just in a quickening movement as hard as you can with your right. This vicious twisting movement is you. Be careful dependent on your speed of the amount of time you have spent practicing. The back of your opponent's head will either strike the ground hard, or very hard. (See Illustration M)

Don't then ever be tempted to practice this movement with a friend at full speed through fear of hurting him. Your accuracy and skill will develop just as well, in fact better, if you go through each movement slowly and think of what you are doing. Remember these Dymko moves have been carefully selected for their devastating effect and suitability of application from the many hundreds of moves that are possible. Practice this movement until it becomes second nature to you and then should you be forced to use it you can be confident that it will be 100% successful every time.

ILLUS M



DYMKO MOVEMENT TWO

Attack From Rear

The most common form of pre-meditated attack is, obviously enough, from the rear. One could almost imagine this form of attack being a follow-up of the last mentioned movement. You, having kept calm and so your thought subdued the thug, have turned to walk away only to be assailed from behind. The thug's intention is to make his position the one of advantage. Your job is to disappoint him. There are two ways that you may be approached from behind.

- a) By running attack
- b) By quiet surprise

Of course, any man who is bold enough to herald his approach by running at his intended prey would not end up with any advantage or surprise. On hearing the sound of running feet any man would turn to face the onslaught. Therefore, we must assume that, with the exception of a follow-up of heightened anger after a quarrel, all attacks from the rear would be of the surprise type.

There is no way that I can discuss that a man will grab and hold another from behind. Many factors must be considered. The respective height of the men concerned being not the least. Long experience in these matters have helped us to arrive at the fact that attacks from the rear can be divided into the following categories.

1. neck holds - 46%
2. shoulder holds - 22%
3. hair pulling - 16%
4. waist holds - 8%
5. others - 8%

Neck and Throat Lock - 46%

This is the most dangerous to deal with and the one where a solution must be found quickly because it will restrict your air supply. Air of course is absolutely essential at all times, but if you are called upon to fight, then you must have lots and lots of it. This question of air supply and its effects on the body is of utmost importance, and when understood by you, can be of immeasurable value when dealing with a struggle. It must be realized that it is very hard to stop someone who is intent on murderously attacking you. By that I mean an attack from an insane psychopath. To deal with a drunk or a half-hearted punch from the man who fears an attack by a frightened teenager is one thing. But unfortunately the fact is that many leaders may well be faced with an aggressor of a much different calibre.

This being so, we must digress for a moment here to consider fighting and the nature of man in general. There are basically two types of minds behind the fighters.

- a. those who are natural born fighters, and
- b. those whose nature is not violent yet who find themselves forced into action for one reason or another, and so basically are out of character doing so.

There is a third group but only one thing hundreds thankfully can be placed into it. This group - the psychopathic group - is very small.

It is human nature for a normal man to subconsciously know fairly accurately how much damage to himself he is prepared to suffer before he withdraws from any combat. There are very few who fear of personal injury. The real difference is between positive and negative attitude fighting. Mr. Positive intent on hurting the other. Mr. Negative concerned only with how much he is getting hurt. So the ways in which to stop a man while fighting depends also on the type of man and the extent of his positive or negative attitude.

The Negative Attitude

Generally speaking, no act of physical violence should arise out of a dispute with an inefficient, peace-loving man. As he is loath to fighting, he will be more than pleased to talk.

However, with a man who is perhaps not too sure of himself (or a young inexperienced mugger, or a coward who—because he dares not give vent to any feelings of objection—wursts in that he takes over a life form of an incommittable lit of rage—it is usually enough to demonstrate (by a punch or well-placed blow to a vulnerable part of his face or head) that he will get hurt. It is interesting too, how an anger and drive of over the biggest of men if he is unsure of himself will drain away like water poured in dry earth.

The Positive Attitude

The man who is more sure of himself is going to take a lot more to convince that you are not worth the risk when it comes to violence. It is not Dymov's intent or aim to turn you into a hero or hero with before or hands and 20 who is a practice each week. The aim is to turn you as quickly as possible into a moderate amounts trouble and not getting upset about it and any possible by anyone who knows exactly what would cause a positive reversal of action is guaranteed to give all attackers something to regret: namely, yourself being a determined bug who intends to attack somebody quickly in a job to do with their hard-earned money is a crazy idea, but nevertheless one which is buzzing around many a brain over as you read. It is, indeed, essential—a quick and quick getaway. Now imagine a working man, taken from the rear, a surprise attack, you think of a strong man you work. But this kind of behaving normally is not of other guys, and getting down you and yourself wounded by a vicious blow to your solar plexus.

He: what did he hit you with? No man can punch backwards. It was his ill-will. That's not fair. Then you tried to defend your own self. Now you're being attacked. What's happening? You are a man who is doing the attacking. It was. It's never happened before. You release your grip to fight for air. He, at that instant you breathe again, you are hit a solid back you are in a severe pain, blow your left eye and another to your testicles. Now your legs have given away from vicious blows to your knees, a stamp on the back of your knees. The pain is unbearable they must be broken. But over now as you sink in agony to the ground a very cruel wicked smile (from rock hard) mugs you deep into your nostrils so delicate throat. You don't even get a chance to look into the face of this fighting dwarf before a dark curtain of unconsciousness falls over you.

The experience which if you allow the Dymov course carried by you will be able to do nothing is more than a way to stop a by normal attacker even if it ends before he can kind of a success. It is the sort of a common on and the possibility of future interference and you can be assured you will be the rest of the way home with all your money and valuables safe in your pocket.

The other type of opponent (ment) one is very much more dangerous and difficult a character to deal with. There are only three main ways to stop a man who really means to render you into a wreck, bleeding, maimed and who will not stop at even murder.

- a) to break his limbs so that his body cannot function
- b) to knock the air out of his chest and starve him of more air
- c) to render a turning blow to bring the nervous system and/or the brain thus bringing about virtual unconsciousness

Let us return to the attack from the rear by a neck hold

Counter

When the neck arm is bent into the crook of your opponent's elbow, try to get your arm under the attack to relieve pressure on your windpipe. Do not bend to the side or forward but endeavour to remain upright and neutralise the attack by made to lose his footing while he has a strong grip on your back. Then he will surely drag you to the ground, consolidating his advantage.

Grab hold of his gripping arm at the wrist and elbow, overgrip with one hand and undergrip with the other. Jerk downward to release the hold. As you jerk, bend your knees and quickly drop down beneath his arm. While at the same time turning towards your opponent (See illustration N).

You will find with some practice on a friend that if you retain your grip and move with enough speed, then your opponent must be forced into turning or have his own arm broken. The result of this movement is to completely reverse your position. You are now at the back of your attacker with his arm well and truly twisted behind his back. In nine out of ten cases, this will work perfectly enabling you to kick at the back of your opponent's knees to send him sprawling on the ground where you can then finish him off with your knee. If this does come to pass, however, then if the jerk of the movement has been done correctly, you will have broken his arm or shoulder girdle. Indeed, you must try your hardest to do just that.



ILLUSTRATION N

But what if it is as either, two arms against your life? Do not lose a life grip on your arm with one hand then you must quickly decide which of the following alternatives to employ. But you must be sure! Remember that you are supply

- a) If his head is on a level with yours, then reach back and try to get one hand behind his neck. If you are lucky enough, get your other hand over his mouth. A sure fire way of securing your release.
- Should it be as you possibly can with your elbow into one or more of the nerve centers of his upper body.
- c) While hanging onto his arm, kick with all your force into his knee and shin. Scrape down his shin, stamp on his instep. Only when his hands are released from your neck will a grip on your hair be released, can you then duck down and effect the original movement.

The above moves can be applied to a waist hold.

Attack from the Rear with a Strangle Hold

Counter

Grip a finger (preferably the little finger) with each hand and jerk hard to break his grip. After breaking grip turn to face him, maintaining your hold on the finger. Continue with vigorous kicks and elbow thrusting.

DYMO MOVEMENT THREE

Attack from the Front with Club or Fist

- a) Attacker positioned for downward head blow with club or fist

Counter

Block his forearm with yours and divert the angle of the blow. Moving on to step forward as you block to bring your hand down on fist or back of his. Follow up with one or more of the 4 prominent joint releases attack. The open palm technique is most effective as is shown in (See movements and illustrations Q and P)

- b) Attacker positioned as previously but this time aims a horizontal blow with either fist or club

Counter

Slash with your fist away with forearm. Deliver hurtful hand blow to facial areas to throw attacker off balance. Follow-up with attack as above

Note: In the case of a club you must make your first move as high up on the attacking arm as possible so as to avoid connecting with the club. The reason for this is obvious

DYMO MOVEMENT FOUR

Attack from Three-Quarter Angles

Instead of playing the role of the victim, you must assume the initiative. Always be ready to attack your self. You know when you are vulnerable. On the street, cinema etc. be alert for sights and sounds and movements to which you should require your own instinct to attend, rather than in a manner of helplessness waiting for an attack from the side. It can usually be dealt as the attack from the rear, it is forced by the hand and your own body with one exception: a running attack which is intended to bring you down.

Counter

Don't wait for your assailant to close or grab you. In this case you must make the first move. If you are certain that he intends to attack. Two actions, done simultaneously at a running attack, might immediately dissuade a man who expects a helpless prey.

- a. Thus, your right hand open upwards toward his face and kick out at his lower legs or knees (See Illustration Q). The timing of your clawing hand suggest you are weaker while you are running into it. The upward motion of the hand is then changed to a downward motion as you reach his eyes. Your fingers and nails down across his eyelids (see Illustration R) tearing the eyelids and even the eyes.
- b. Immediately follow this attack with an open palm spread finger stall on the side of his face with your other hand. On impact turn your back into a crouch and with a circular motion grab the side of his face (See Illustration P).



ILLUSTRATION Q



ILLUSTRATION P



ILLUSTRATION R

Don't use this type of attack unless you really need to. If your attacker is still moving forward and perhaps falls forward, it is possible to tear a large portion of his face away.

In the event of your fist open hand aimed at his eyes being blocked by his instinctive reaching up to protect his face, either deliver a punch to his body or side step to vigorously kick him above the knees to bring him down (See Illustration U). Another useful weapon against a running man is a powerful well placed knife hand swing to the throat. If a man is running on to you at a slow then it will finish him for fighting altogether.

Finally always set your body in readiness to receive a running attack. Strange as it may seem, it is placed correctly balancing with feet apart, is a better position of advantage than the attacker's.

given the chance don't miss the opportunity of helping your adversary on his way by grabbing his outstretched arm to turn the knife point and placing your leg in front of it to block it. This would necessitate you side stepping at the last minute. By putting this arm as you wish it you could effect a very heavy back fist which would give you the chance of delivering a stable kick on his body and vital nerve centres.

(Ref. Charts)

THE FIFTH AND FINAL DYNAMO MOVEMENT

This is the counter to a knife attack. A thought of course such an attack is very dangerous. It is not as rare today as many would like to make out. It is because of the rapid increase in such attacks on members of the innocent public that the author feels that it should be included in the course.

Knife Attack One - Forward Lunge

Counter

When aggressor attacks, leap to the side of his knife and deliver a violent side kick aimed at the back of your opponent's leg. See Illustration R. Try to stamp down on the upper calf just behind the knee. If delivered properly your opponent will buckle saving you in the position to kick the aggressor in the vital nerve centres.

Remember always duck for once. Always have the conviction of the victor and though you will go to the ground against you nature. Remember one good blow can save a dozen weak ones.

Knife Attack Two

Short Rapid Lunges in Successive Motion

Counter

Divert attention in the most devastating way possible. Just know best to do this takes a little thought. The most important thing you do is understand the value of turning the tables upon becoming the back of the attacker. To have someone at knife point and then to have them suddenly jump this point behind you or to jump in the air like a startled cat is why it is in your imagination will be of great use. In a sense it is bluff. You might only be imagining that one to act and perhaps save your own life. One of the best ways of turning the tables on is to throw the object that you may have available.

ILLUS. R



The most available supply of small items that you could throw at your opponent can be found in your pocket. So identify the best way of diverting attention and then do it. If there is not a way worth risking, then wait for your opportunity. To have your money demanded from your pocket is, of course, an ideal opportunity to find an object to throw. Scriver's bulky old hugo Automatic case like was full of useful things due to the fact it is one which involved a gentleman whose honesty is unquestionable. He was held up at the junction of a heavily built man while walking home one evening. When asked to hand over all his money, the man wracked his brains for a method of escape but there was none. Shoulding or help may have worked, but then again it may well have provoked the thug into coming out with his knife. Then seeing a door handle that came off in his hand, he manclutched at his heart while putting on a look of fear and agony. He breathlessly groaned out to the hug, "My heart, my heart. You don't realize, my doctor said..." He slumped to his knees and began hacking strange noises in his throat. It worked. Not wanting to have a dead man on his hands, the thug turned and ran for his life. Later it cost the man a dollar, so to have his suit cleaned, but saved him over \$150.00 and possible injury.

It can be learned from this, that to fight is not always the only action open to one who is attacked. Do as your own conscience place, learn our five especially prepared Dymo moves are always remember to use your brain as well as your body when outweighed by the odds of a knife or gun.

To release them from our attack will ask him divert his attention to one of the following ways. Jump or jump or throw a small object. With a semi-circular kick which will keep your body out of range. See (Illustration) B. Smash hand or arm with shoe. Quickly follow with the blow kicks to the lower part of the body and legs. No man can give pursuit with badly bruised legs.

In conclusion, these following points must be stressed. Only attempt a defence against a knife or gun if the only alternative to self defence would be serious or fatal injury. Do not attempt to grip or grapple with a knife or knife hand. Keep your head and upper body as far away from the weapon as possible. Where there is space, always lean out of the way of attack and adopt the kick-knee method of defence. Always try to keep calm. Unfortunately, although a high degree of fighting ability will not be considered in practice. Follow all of the steps religiously and do not attempt to run before you can walk.

The first thing you must do is to find your hands with a raising the general standards of your health and well-being with muscle toning exercises. It would then be of great advantage to you to find a partner, or friend who is willing to help you train at the various movements of the course even if it means that you must confide in him and let him in on your secret.

Speed up your body and your Dymo defence moves are second nature and can be performed in a split second. Remember, the faster the move, the greater the element of surprise. But remember also that surprise is quick to fade.

Finally, remember that after you have mastered the five Dymo Killer Karate moves, it is a H.C. stick. Carry it softly, and best of luck.

1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100. 101. 102. 103. 104. 105. 106. 107. 108. 109. 110. 111. 112. 113. 114. 115. 116. 117. 118. 119. 120. 121. 122. 123. 124. 125. 126. 127. 128. 129. 130. 131. 132. 133. 134. 135. 136. 137. 138. 139. 140. 141. 142. 143. 144. 145. 146. 147. 148. 149. 150. 151. 152. 153. 154. 155. 156. 157. 158. 159. 160. 161. 162. 163. 164. 165. 166. 167. 168. 169. 170. 171. 172. 173. 174. 175. 176. 177. 178. 179. 180. 181. 182. 183. 184. 185. 186. 187. 188. 189. 190. 191. 192. 193. 194. 195. 196. 197. 198. 199. 200. 201. 202. 203. 204. 205. 206. 207. 208. 209. 210. 211. 212. 213. 214. 215. 216. 217. 218. 219. 220. 221. 222. 223. 224. 225. 226. 227. 228. 229. 230. 231. 232. 233. 234. 235. 236. 237. 238. 239. 240. 241. 242. 243. 244. 245. 246. 247. 248. 249. 250. 251. 252. 253. 254. 255. 256. 257. 258. 259. 260. 261. 262. 263. 264. 265. 266. 267. 268. 269. 270. 271. 272. 273. 274. 275. 276. 277. 278. 279. 280. 281. 282. 283. 284. 285. 286. 287. 288. 289. 290. 291. 292. 293. 294. 295. 296. 297. 298. 299. 300. 301. 302. 303. 304. 305. 306. 307. 308. 309. 310. 311. 312. 313. 314. 315. 316. 317. 318. 319. 320. 321. 322. 323. 324. 325. 326. 327. 328. 329. 330. 331. 332. 333. 334. 335. 336. 337. 338. 339. 340. 341. 342. 343. 344. 345. 346. 347. 348. 349. 350. 351. 352. 353. 354. 355. 356. 357. 358. 359. 360. 361. 362. 363. 364. 365. 366. 367. 368. 369. 370. 371. 372. 373. 374. 375. 376. 377. 378. 379. 380. 381. 382. 383. 384. 385. 386. 387. 388. 389. 390. 391. 392. 393. 394. 395. 396. 397. 398. 399. 400. 401. 402. 403. 404. 405. 406. 407. 408. 409. 410. 411. 412. 413. 414. 415. 416. 417. 418. 419. 420. 421. 422. 423. 424. 425. 426. 427. 428. 429. 430. 431. 432. 433. 434. 435. 436. 437. 438. 439. 440. 441. 442. 443. 444. 445. 446. 447. 448. 449. 450. 451. 452. 453. 454. 455. 456. 457. 458. 459. 460. 461. 462. 463. 464. 465. 466. 467. 468. 469. 470. 471. 472. 473. 474. 475. 476. 477. 478. 479. 480. 481. 482. 483. 484. 485. 486. 487. 488. 489. 490. 491. 492. 493. 494. 495. 496. 497. 498. 499. 500. 501. 502. 503. 504. 505. 506. 507. 508. 509. 510. 511. 512. 513. 514. 515. 516. 517. 518. 519. 520. 521. 522. 523. 524. 525. 526. 527. 528. 529. 530. 531. 532. 533. 534. 535. 536. 537. 538. 539. 540. 541. 542. 543. 544. 545. 546. 547. 548. 549. 550. 551. 552. 553. 554. 555. 556. 557. 558. 559. 560. 561. 562. 563. 564. 565. 566. 567. 568. 569. 570. 571. 572. 573. 574. 575. 576. 577. 578. 579. 580. 581. 582. 583. 584. 585. 586. 587. 588. 589. 590. 591. 592. 593. 594. 595. 596. 597. 598. 599. 600. 601. 602. 603. 604. 605. 606. 607. 608. 609. 610. 611. 612. 613. 614. 615. 616. 617. 618. 619. 620. 621. 622. 623. 624. 625. 626. 627. 628. 629. 630. 631. 632. 633. 634. 635. 636. 637. 638. 639. 640. 641. 642. 643. 644. 645. 646. 647. 648. 649. 650. 651. 652. 653. 654. 655. 656. 657. 658. 659. 660. 661. 662. 663. 664. 665. 666. 667. 668. 669. 670. 671. 672. 673. 674. 675. 676. 677. 678. 679. 680. 681. 682. 683. 684. 685. 686. 687. 688. 689. 690. 691. 692. 693. 694. 695. 696. 697. 698. 699. 700. 701. 702. 703. 704. 705. 706. 707. 708. 709. 710. 711. 712. 713. 714. 715. 716. 717. 718. 719. 720. 721. 722. 723. 724. 725. 726. 727. 728. 729. 730. 731. 732. 733. 734. 735. 736. 737. 738. 739. 740. 741. 742. 743. 744. 745. 746. 747. 748. 749. 750. 751. 752. 753. 754. 755. 756. 757. 758. 759. 760. 761. 762. 763. 764. 765. 766. 767. 768. 769. 770. 771. 772. 773. 774. 775. 776. 777. 778. 779. 780. 781. 782. 783. 784. 785. 786. 787. 788. 789. 790. 791. 792. 793. 794. 795. 796. 797. 798. 799. 800. 801. 802. 803. 804. 805. 806. 807. 808. 809. 810. 811. 812. 813. 814. 815. 816. 817. 818. 819. 820. 821. 822. 823. 824. 825. 826. 827. 828. 829. 830. 831. 832. 833. 834. 835. 836. 837. 838. 839. 840. 841. 842. 843. 844. 845. 846. 847. 848. 849. 850. 851. 852. 853. 854. 855. 856. 857. 858. 859. 860. 861. 862. 863. 864. 865. 866. 867. 868. 869. 870. 871. 872. 873. 874. 875. 876. 877. 878. 879. 880. 881. 882. 883. 884. 885. 886. 887. 888. 889. 890. 891. 892. 893. 894. 895. 896. 897. 898. 899. 900. 901. 902. 903. 904. 905. 906. 907. 908. 909. 910. 911. 912. 913. 914. 915. 916. 917. 918. 919. 920. 921. 922. 923. 924. 925. 926. 927. 928. 929. 930. 931. 932. 933. 934. 935. 936. 937. 938. 939. 940. 941. 942. 943. 944. 945. 946. 947. 948. 949. 950. 951. 952. 953. 954. 955. 956. 957. 958. 959. 960. 961. 962. 963. 964. 965. 966. 967. 968. 969. 970. 971. 972. 973. 974. 975. 976. 977. 978. 979. 980. 981. 982. 983. 984. 985. 986. 987. 988. 989. 990. 991. 992. 993. 994. 995. 996. 997. 998. 999. 1000.

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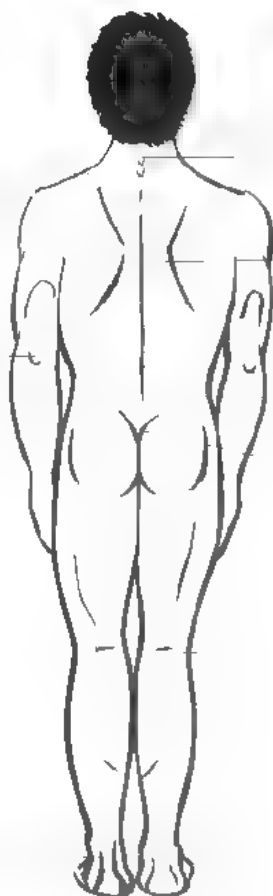
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HERCULES II

(Apollo - Power - One)



lesson **5**

LESSON FIVE

By now you should be able to play a few chords and getting stronger and more massively developed. Here are a few questions that I have forwarded to the staff of the forum. The answers are provided by us.

Q What happens when I quit? Will I turn to fat or die young?

A. It is also a very short, 15-20 second question which traps up most of the time. Our answer is that a normal individual will certainly be able to hold his breath at least 10-15 seconds and you can't. The fact is physiologically impossible for muscle to run into all. Usually the body will lose a little weight when the fat is burning. But we have never known anyone to COMPLETELY revert to the former skinny state after stopping all training. Of course if you consistently over ate after giving up body building training then you may naturally gain weight in the form of a . The answer to our question is to moderate your eating habits. As for your volume, there is every indication that those people who look after their bodies with a balanced system of exercise and nutrition will tend to be in good

Q. Can one be too old for exercise?

A. Provided you are in normal health and are never too old to exercise. Naturally, if you are really in the third year of your life, you are going to have a young man. Generally speaking, every normal person regardless of age can benefit enormously from sensible exercise.

Q What is the maximum weight gain a normal full cow can make each day?

A Actually we have known one man who could easily gain up to eight pounds a day. But we didn't let him do it because he was too busy. We feel that if a patient follows our recommendations to the letter, he should gain 5-7 pounds a week. Even the gaining of a pound a day will show up on tests. Remember is equal to a pound a day leads to an overall body weight gain of 365 pounds a year. A little less, we figured out at 280, so it's a good week and give you over 50 pounds of solid muscle in a year. The important thing is to make sure that you are actually gaining. Your weight is not going up - eat more - yes. It is as simple as that.

Q What are the benefits of vigorous exercise on a normal man?

A. A person who follows a program of physical exercise feels fit, enjoys more strength and endurance. Chances are your car will be stronger, you, your vessels, more supple, your body, and so on. Your sex will only be increased with the added energy fitness. You will become exhausted less easily. More important to you of course will be the fact that a firm well-muscled body looks a lot better. **TEAR F.C!** Don't let anyone knock healthy exercise.

This Weeks Schedule

Your schedule for this week is identical to the starting routine of the last week. The only difference is a 45 min and an extra set of each exercise. Your schedule will look like this:



1



2



3



4



5



6



7



8

Even though the exercises are the same as last issue, a few modifications to help you get the most out of your program. Before you start, you will feel a few minutes to warm up and stretch. Remember, you will be taking keep high.



Was there ever a physiquist like Steve Reeves. He built his body realising every one could before the camera was invented. However, even though he was an a rival of the Hercules figure, we are treating the magnificent photograph as an example of the Physique series for high as again.



As we mentioned last week in Lesson No. 4 we are going to let you know all the relevant facts about losing weight.

1. Anyone in normal health can lose weight.
2. Losing weight is a matter of eating less than your body is presently being fed.
3. Weight loss can be accelerated by the regular performance of vigorous exercise along with your diet.

If you are overweight, the first thing to decide is just how much weight you would like to lose. 10 pounds? 20 pounds? 30 pounds? Or do you just have a little excess fat around your waist? Decide now, because you are not going to stop trying until you have lost every ounce of fat from your body. We do not recommend that you take the trouble to count calories. What we suggest is that you get serious about reducing your food intake. In what it was, if there is any question about your loss, you should consult your doctor or a dietitian. Always a good idea to see your physician for a physical check-up before undertaking any diet. We advise that you consider taking extra vitamins (One a Day Plan) with any diet. They will not make you fat and you will at least ensure that you are not deficient in any vitamin.

So to begin with, weigh yourself. Then write down or tape exactly what you eat each day. Do not cheat now. Put down everything. All those candies, cakes, ice-cream, soups, etc. Try to stay as long as you can reduce your intake of fattening foods. For example, the first week you should reduce all your sugars in all forms. No juice or artificial sweetener, all else take your beverage without sweetener. You know that some weight will be lost. Next week, still on cutting your sugars, attempt to reduce your potatoes. Eat none at all. The following week you cannot eat your bread. Then your pork is, pastas, cakes, etc. Keep it like by little you will be reducing your diet until it contains virtually ONLY mainly protein food. Of course you will still be taking in some carbohydrates but not enough to make you gain weight.

Exercise is important when trying to reduce, because it does three things:

1. It helps firm up and tone your muscles.
2. It gives you energy which dieting without exercise does not do.
3. It helps loose skin tighten up around your body.

Don't be fooled by the 10 diets full of tricks you see for reducing fat from the body. There are no secret pills which can safely take off fat by itself. There are no special dieting tricks or Magic Diets. A diet that is healthy simply exercise regularly and reduce your sitting hours a little bit each week. Keep an eye on your progress by weighing yourself some time to time. It's as simple as that. We don't want to make your head with the impossible task of recording every calorie you ingest. We simply want you to reduce the fattening meals and snacks you have eaten. Concentrate more on high protein foods and regular interval exercise.

Here are a Few Tips for the Person Who Wants to Lose Weight:

1. Don't oversleep. Eight hours is about enough.
2. Keep on the move, especially after meals.
3. Walk regularly.
4. Don't worry about hunger pangs. They are simply a sign of the stomach not getting its usual food intake. They will go away (and so will your flab).
5. Be honest in admitting to what you eat. Don't take a snack or a meal and then pretend you are on a strict diet.
6. Gradually cut down your eating, a little more each week.
7. Take care over your posture. Walk and stand erect.
8. Don't expect miraculous results.
9. You can't expect to keep losing every week. Loss will slow up from time to time.
10. Eat slowly. Eat up your food to make it look like more.
11. Prepare yourself to become a little depressed. It will pass.
12. Diet soda before meals can lessen your appetite.

Whereas we do not advise that you try and count every calorie, we are listing some foods and their calorie content to give you an idea of which foods are better. Remember, the fewer calories you eat, the more likely weight you will lose.

Next week we talk about skin health. Whether you have a tendency to overheat or not, the advice in this next lesson (Apr. 6) can help you give your hair all the help possible.

We will also be giving you more musclebuilding tuition which will take you to the halfway mark in this course. Included also will be a few facts about protein supplements as an aid to you for your daily training.



ROBERT NAALON

YOUR CALORIE COUNTER

Food Counts in Normal Portions as calculated by the U. S. Department of Agriculture

Values for Cooked Vegetables are Without Added Fat

MILK AND MILK PRODUCTS:

| | |
|--|-----|
| Buttermilk from skimmed milk, 1 cup | 85 |
| Milk, cow: | |
| Fluid whole, 1 cup | 165 |
| Fluid nonfat (skimmed), 1 cup | 85 |
| Evaporated (undiluted), 1 cup | 345 |
| Condensed (undiluted), 1 cup | 980 |
| Dry, whole, 1 tablespoon | 40 |
| Dry nonfat solids, 1 tablespoon | 30 |
| Cheese, 1 ounce: | |
| Cheddar (1 in. cube) | 115 |
| Cheddar, processed | 105 |
| Cheese foods, Cheddar | 90 |
| Cottage, from skimmed milk | 25 |
| Cream | 105 |
| Swiss | 105 |
| Cream 1 tablespoon: | |
| Light | 30 |
| Heavy | 50 |
| Beverages, 1 cup: | |
| Chocolate (all milk) | 240 |
| Cocoa (all milk) | 235 |
| Chocolate flavored milk | 185 |
| Malted milk | 115 |

Desserts

| | |
|--|-----|
| Blanc mange, 1 cup | 275 |
| Custard, baked, 1 cup | 285 |
| Custard pudding, canned, strained,
(infant food), 1 ounce | 30 |
| Ice cream, plain. | |
| 1/7 of quart brick | 165 |
| 8 fluid ounces | 295 |

FATS, OILS, RELATED PRODUCTS:

| | |
|---|------|
| Bacon, medium fat, broiled or fried, 2 slices | 95 |
| Butter, 1 tablespoon | 100 |
| Fats, cooking (vegetable fats) | |
| 1 cup | 1770 |
| 1 tablespoon | 110 |
| Lard, 1 tablespoon | 125 |
| Margarine, 1 tablespoon | 100 |
| Oils, salad or cooking, 1 tablespoon | 125 |
| Salad dressings, 1 tablespoon. | |
| French | 60 |
| Home-cooked | 30 |
| Mayonnaise | 90 |

EGGS.**Eggs, raw, medium:**

| | |
|---------------------------|-----|
| 1 whole | 75 |
| 1 white | 15 |
| 1 yolk | 60 |
| Eggs, dried, whole, 1 cup | 840 |

MEAT, POULTRY, FISH

| | |
|---|-----|
| Beef 3 ounces, without bone, cooked | |
| Chuck | 265 |
| Hamburger | 315 |
| Sirloin | 255 |
| Beef, canned. | |
| Corned beef, medium fat, 3 ounces | 180 |
| Corned beef hash, 3 ounces | 120 |
| Strained (infant food), 1 ounce | 30 |
| Beef, dried, 2 ounces | 115 |
| Beef and vegetable stew, 1 cup | 250 |
| Chicken, canned, boned, 3 ounces | 170 |
| Chili con carne, canned (without beans), 1/3 | 170 |
| Clams, raw, meat only, 4 ounces | 90 |
| Cod, dried, 1 ounce | 105 |
| Crab meat, canned or cooked, 3 ounces | 90 |
| Flounder, raw, 4 ounces | 80 |
| Haddock, fried, 1 fillet (4 x 3 x 1/2 in.) | 160 |
| Halibut, broiled, 1 steak (4 x 3 x 1/2 in.) | 230 |
| Heart, beef, raw, 3 ounces | 90 |
| Kidneys, beef, raw, 3 ounces | 120 |
| Lamb, leg roast, cooked, 3 ounces | 230 |
| Lamb, canned, strained (infant food), 1 ounce | 30 |
| Liver, beef, fried, 2 ounces | 120 |
| Liver, canned, strained (infant food), 1 ounce | 30 |
| Mackerel, canned, solids and liquid, 3 ounces | 155 |
| Oysters, meat only, raw, 1 cup (13-19 medium size oysters, selects) | 200 |
| Oyster stew, 1 cup with 6-8 oysters | 245 |

| | |
|---|-----|
| Pork loin or chops, cooked, 3 ounces without bone | 285 |
| Pork, cured ham, cooked, 3 ounces without bone | 340 |
| Pork luncheon meat, canned, spiced, 2 ounces | 165 |
| Salmon, canned, pink, 3 ounces | 120 |
| Sardines, canned in oil, drained solids, 3 ounces | 180 |
| Sausage | |
| Bologna, 1 piece (1 x 1½ in. diam.) | 465 |
| Frankfurter, 1 cooked | 125 |
| Pork, bulk, canned, 4 ounces | 340 |
| Scallops, raw, 4 ounces | 90 |
| Shad, raw 4 ounces | 190 |
| Shrimp, canned, meat only, 3 ounces | 100 |
| Soups, canned, ready to-serve | |
| Beef, 1 cup | 100 |
| Chicken, 1 cup | 75 |
| Chicken, strained (infant food) 1 ounce | 15 |
| Clam chowder, ½ cup | 85 |
| Tongue, beef, raw 4 ounces | 235 |
| Tuna fish, drained solids, 3 ounces | 170 |
| Veal cutlet, cooked, 3 ounces without bone | 185 |

MATURE BEANS AND PEAS NUTS

| | |
|-------------------------------------|-----|
| Almonds, shelled, unblanched, 1 cup | 850 |
| Beans, canned or cooked, 1 cup: | |
| Red Kidney | 230 |
| Navy or other varieties with | |
| Pork and tomato sauce | 295 |
| Pork and molasses | 325 |
| Beans, lima, dry, 1 cup | 610 |

| | |
|--|-----|
| Brazil nuts, shelled, 1 cup | 905 |
| Coconut, dried, shredded (sweetened) 1 cup | 345 |
| Cowpeas, dry, 1 cup | 685 |
| Peanuts, roasted, shelled, 1 cup | 805 |
| Peanut butter, 1 tablespoon | 90 |
| Pisum, split, dry, 1 cup | 690 |
| Pecans, 1 cup, halves | 750 |
| Soybeans, dry 1 cup | 695 |
| Walnuts, English, 1 cup, halves | 655 |

VEGETABLES:

Asparagus.

| | |
|---|----|
| Cooked, 1 cup spears | 35 |
| Canned, green, 6 spears, medium size | 20 |
| Canned, bleached, 6 spears, medium size | 20 |

| | |
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| Beans, lima, immature, cooked, 1 cup | 150 |
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|---|----|
| Beans, snap, green, cooked, 1 cup | 25 |
|---|----|

| | |
|--------------------------------------|----|
| Beets, cooked diced, 1 cup | 70 |
|--------------------------------------|----|

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|--|----|
| Broccoli, cooked, flower stalks, 1 cup | 45 |
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| | |
|---|----|
| Brussels sprouts, cooked, 1 cup | 60 |
|---|----|

Cabbage, 1 cup

| | |
|------------------------|----|
| Raw shredded | 25 |
| Cooked | 40 |

Carrots.

| | |
|--|----|
| Raw, grated, 1 cup | 45 |
| Cooked diced, 1 cup | 45 |
| Canned strained (infant food), 1 oz. | 10 |

| | |
|--|----|
| Cauliflower cooked, flower buds, 1 cup | 30 |
|--|----|

| | |
|---|-----|
| Calery 1 cup | |
| Raw, diced | 20 |
| Cooked, diced | 25 |
| Collards, cooked, 1 cup | 75 |
| Corn, sweet | |
| Cooked, 1 ear (5 in. long) | 85 |
| Canned, solids and liquid, 1 cup | 170 |
| Cowpeas, immature seed, cooked, 1 cup | 150 |
| Cucumbers raw 6 slices (1/8 in. thick center section) | 5 |
| Dandelion greens, cooked, 1 cup | 80 |
| Endive, raw 1 pound | 90 |
| Kale, cooked, 1 cup | 45 |
| Lettuce, head, raw, 2 large or 4 small leaves | 5 |
| Mushrooms, canned, solids and liquid, 1 cup | 30 |
| Mustard greens, cooked, 1 cup | 30 |
| Okra, cooked, 8 pods (3 in. long, 5/8 in. diam.) | 30 |
| Onion, raw | |
| Mature, 1 onion (2 1/2 in. diam.) | 50 |
| Young green, 6 small onions without tops | 25 |
| Parsnips, cooked, 1 cup | 95 |
| Peas, green | |
| Cooked, 1 cup | 110 |
| Canned, strained (infant food) 1 ounce | 15 |
| Peppers, green, raw 1 medium | 15 |
| Potatoes: | |
| Baked, 1 medium (2 1/2 in. diam.) | 95 |
| Boiled in skin, 1 medium (2 1/2 in. diam.) | 120 |
| Boiled after peeling, 1 medium (2 1/2 in. diam.) | 105 |
| French-fried, 8 pieces (2 x 1/2 x 1/2 in.) | 155 |
| Potato Chips, 10 medium (2 in. diam.) | 110 |

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|--|-----|
| Pumpkin, canned, 1 cup | 75 |
| Radishes, raw 4 small | 5 |
| Rutabagas, cooked, cubed or sliced, 1 cup | 50 |
| Soybean sprouts, raw 1 cup | 50 |
| Spinach | |
| Cooked, 1 cup | 45 |
| Canned, strained (infant food) 1 ounce | 5 |
| Squash | |
| Summer, cooked, diced, 1 cup | 35 |
| Winter baked, mashed, 1 cup | 95 |
| Winter, canned, strained (infant food), 1 ounce | 10 |
| Sweet potatoes, peeled 1 sweet potato | |
| Baked (5 x 2 in) | 185 |
| Boiled 5 x 2½ in) | 250 |
| Tomatoes | |
| Raw, 1 medium (about 2½ in. diam) | 30 |
| Canned or Cooked, 1 cup | 45 |
| Tomato juice, canned, 1 cup | 50 |
| Turnips, cooked, diced, 1 cup | 40 |
| Turnips, cooked 1 cup | 45 |
| Vegetables mixed, canned, strained (infant food) 1 ounce | 10 |

FRUITS

| | |
|---|-----|
| Apples, raw, 1 medium (2½ in. diam) | 75 |
| Apple juice, fresh or canned, 1 cup | 125 |
| Apple Betty, 1 cup | 345 |
| Applesauce, canned sweetened, 1 cup | 185 |
| Apricots | |
| Raw, 3 apricots | 55 |
| Canned in syrup 4 medium halves & 3 tablespoons syrup | 95 |

| | |
|--|-----|
| Apricots (cont'd) | |
| Canned, strained (infant food), 1 ounce | 15 |
| Dried, cooked unsweetened, fruit & liquid, 1 cup | 240 |
| Avocados, raw, ½ peeled fruit (3½ x 3¼ in.) | 280 |
| Bananas, raw, 1 medium (6 x 1½ in.) | 90 |
| Blackberries, raw, 1 cup | 80 |
| Blueberries, raw, 1 cup | 85 |
| Cantaloupes, raw, ⅓ melon (5 in. diam.) | 35 |
| Cherries, 1 cup, pitted | |
| Raw | 65 |
| Canned, red, sour | 120 |
| Cranberry sauce, sweetened, 1 cup | 550 |
| Dates, 'fresh' and dried, pitted and cut 1 cup | 505 |
| Figs, raw, 3 small (1½ in. diam.) | 90 |
| Figs, dried, 1 large (2 x 1 in.) | ■ |
| Fruit cocktail, canned, solids and liquid 1 cup | 180 |
| Grapefruit, raw, 1 cup sections | 75 |
| Grapefruit juice: | |
| Canned, unsweetened, 1 cup | 90 |
| Frozen concentrate, 6 ounce can | 295 |
| Grapes 1 cup: | |
| American type (snap skin) | ■ |
| European type (adherent skin) | 100 |
| Grape juice, bottled, 1 cup | 170 |
| Lemon juice, fresh, 1 cup | 60 |
| Lime juice, fresh, 1 cup | 60 |
| Oranges, 1 medium (3 in. diam.) | 70 |
| Orange juice: | |
| Fresh, 1 cup | 110 |
| Canned, unsweetened, 1 cup | 110 |
| Frozen concentrate, 6 ounce can | 300 |

| | |
|---|-----|
| Papayas, raw, cubed, 1 cup | 70 |
| Peaches | |
| Raw, 1 medium (2½ x 2 in. diam.) | 45 |
| Canned, strained (infant food), 1 ounce | 15 |
| Canned, in syrup, solids and liquid, 1 cup | 175 |
| Dried, cooked, unsweetened, 1 cup (10-12 halves and 6 tablespoons liquid) | 225 |
| Pears | |
| Raw, 1 pear (3 x 2½ in. diam.) | 95 |
| Canned, in syrup, 2 medium size halves and 2 tablespoons syrup | 80 |
| Canned, strained (infant food), 1 ounce | 15 |
| Persimmons, Japanese, raw, seedless kind, 1 persimmon (2½ in. diam.) | 95 |
| Pineapple | |
| Raw, diced, 1 cup | 75 |
| Canned, in syrup, 2 small or 1 large slice and 2 tablespoons juice | 95 |
| Pineapple juice, canned, 1 cup | 120 |
| Plums, raw, 1 plum (2 in. diam.) | 30 |
| Prunes, cooked, unsweetened, 1 cup (16-18 prunes and 1/3 cup liquid) | 310 |
| Prune juice, canned, 1 cup | 170 |
| Raisins, dried, 1 cup | 430 |
| Raspberries, red, raw, 1 cup | 70 |
| Rhubarb, cooked with sugar, 1 cup | 385 |
| Strawberries | |
| Raw, 1 cup | 55 |
| Frozen, 3 ounces | 90 |
| Tangerines, 1 medium (2½ in. diam.) | 35 |
| Tangerine juice, canned, 1 cup | 95 |
| Watermelons, ½ slice (3/4 x 10 in.) | 45 |

GRAIN PRODUCTS

| | |
|--|-----|
| Barley, pearled, light dry, 1 cup | 710 |
| Biscuits, baking powder enriched flour
1 biscuit (2½ in. diam.) | 130 |
| Bran Flakes, 1 cup | 115 |
| Breads, 1 slice | |
| Boston brown, unenriched | 105 |
| Rye | 55 |
| White unenriched, 4 per cent nonfat milk solids | 65 |
| White enriched, 4 per cent nonfat milk solids | 65 |
| White, enriched, 6 per cent nonfat milk solids | 65 |
| Whole Wheat | 55 |
| Cakes | |
| Angel food, 1 in. sector (1/12 of cake, 8 in. diam.) | 110 |
| Doughnuts, cake type, 1 doughnut | 135 |
| Foundation, 1 square (3 x 2 x 1½ in.) | 230 |
| Foundation, plain icing, 2 in. sector, layer cake
(1/16 of cake, 10 in. diam.) | 410 |
| Fruit cake, dark, 1 piece (2 x 2 x ½ in.) | 105 |
| Gingerbread, 1 piece (1 x 2 x 2 in.) | 180 |
| Plain cake and cupcakes, 1 cupcake (2½ in. diam.) | 130 |
| Sponge, 2 in. sector (1/12 of cake, 8 in. diam.) | 115 |
| Cereal food, dry, precooked infant food, 1 ounce | 105 |
| Cookies, plain and assorted, 1,3-in. cookie | 110 |
| Corn bread or muffins made with enriched,
degermed corn meal, 1 muffin (2½ in. diam.) | 105 |
| Corn Flakes, 1 cup | 95 |
| Corn Grits, degenerated, cooked, 1 cup | |
| Unenriched | 120 |
| Enriched | 120 |

| | |
|---|-----|
| Crackers | |
| Graham, 4 small or 2 medium | 55 |
| Soda, plain 2 crackers (2½ in. diam.) | 45 |
| Farina, enriched cooked, 1 cup | 105 |
| Macaroni, cooked, ½ cup. | |
| Unenriched | 210 |
| Enriched | 210 |
| Muffins, made with enriched flour,
1 muffin 2½ in. diam. | 135 |
| Noodles, containing egg, unenriched,
cooked, 1 cup | 105 |
| Oatmeal or rolled oats | |
| Cooked, 1 cup | 150 |
| Precooked (infant food) dry, 1 oz. | 105 |
| Pancakes, baked wheat with enriched flour
1 cake (4 in. diam.) | 60 |
| Pies 4 inch sector (9 in. diam.) | |
| Apple | 330 |
| Custard | 265 |
| Lemon meringue | 300 |
| Mince | 340 |
| Pumpkin | 265 |
| Pretzels, 5 small sticks | 20 |
| Rice, cooked, 1 cup | |
| Converted | 205 |
| White or millic | 200 |
| Rice, puffed, ½ cup | 55 |
| Rolls plain enriched, 1 roll 12 per pound | 120 |
| Spaghetti unenriched cooked, ½ cup | 220 |
| Waffles, baked with enriched flour 1 waffle
(4¼ x 5-5/8 x ¾ in.) | 215 |

| | |
|--------------------------------------|-----|
| Wheat flours | |
| Whole, 1 cup stirred | 400 |
| All purpose or family flour | |
| Unenriched, 1 cup sifted | 400 |
| Enriched, 1 cup sifted | 400 |
| Wheat germ, 1 cup stirred | 245 |
| Wheat shredded, 1 large biscuit 1 oz | 100 |

SUGARS, SWEETS

| | |
|--|-----|
| Candy, 1 ounce | |
| Caramels | 120 |
| Chocolate, sweetened, milk | 145 |
| Fudge, plain | 115 |
| Hard | 110 |
| Marshmallows | 90 |
| Chocolate syrup, 1 tablespoon | 40 |
| Honey, strained or extracted, 1 tablespoon | 60 |
| Jams marmalades, preserves, 1 tablespoon | 55 |
| Molasses, cane, 1 tablespoon | |
| Light | 50 |
| Blackstrap | 45 |
| Syrup, table blends, 1 tablespoon | 55 |
| Sugar 1 tablespoon | |
| Granulated, cane or beet | 50 |
| Brown | 50 |

MISCELLANEOUS

| | |
|--|-----|
| Beverages, carbonated, cola type, 1 cup | 105 |
| Bouillon cubes, 1 cube | 2 |
| Chocolate, unsweetened, 1 ounce | 140 |
| Gelatin dessert, plain ready-to-serve, 1 cup | 155 |

| | |
|--|-----|
| Olives, pickled "mammoth" size, 10 olives | |
| Green | 70 |
| Ripe Mission variety | 105 |
| Pickles | |
| Dill, cucumber, 1 large (4 in. long) | 15 |
| Sweet cucumber or mixed, 1 pickle (2½ in. long) | 20 |
| Sherbet, ½ cup | 120 |
| Vinegar, 1 tablespoon | 2 |
| White sauce, medium, 1 cup | 430 |
| Yeast | |
| Compressed baker's, 1 ounce | 25 |
| Dried brewer's, 1 tablespoon | 20 |



HERCULES II

(Apollo - Power - One)



lesson **6**

LESSON SIX

This is the halfway mark. You should now start to accelerate the pace at which you workout. Generally speaking, the more training you can do in a short space of time, the more your muscles will grow. Most of the time you will find your three a week workouts take about 15 minutes. If they are taking much longer, then you are training too slowly. Speed up.

This week we will add just one exercise.

Next week your **WHOLE TRAINING SCHEDULE CHANGES**. Next week you will learn the **HERCULES SLIPPER PUMPING SYSTEM**. Meanwhile, your additional exercise for this week is:

The Tricep Extension

3 x 6

• (arms)

(illus. 6)



Adopt the position shown in illustration 6. Now lower your body until you are resting on your forearms with hands about two inches apart.

- From this position simply straighten your arms, lifting your body as if you were lifting a weight and pushup.
- Return to the original position, continuing for 6 reps.

your own, here's a routine for this week with the



1 Windmill Top Touching
10 minutes



2 Jackknife Floor Dips 4 x 10



3 Wide Chair Chair Pushup 4 x 8



4 Sissy Squat 4 x 8



5 Heels Chair Dips 4 x 5



6 Side Bridge 4 x 50



7 Doorway Push 3 x 6



8 Seated Alternate Leg Kick
3 x 15



9 Triceps Extension 4 x 5

HOW TO CARE FOR YOUR HAIR

Hair, hair, hair. So you're balding? Hurts, doesn't it. But never fear, there's still a hair left. It's a good idea to look after your scalp so that you can do all that is possible to prevent excessive hair loss.

First of all, we want you to understand that hairiness is mainly hereditary. If your father, or more important your grandfather, was bald, then chances are that your hair will start thinning at a comparatively early age. In a few cases this process cannot be appreciably slowed, but it is usually you that may for the majority of cases the hair can be cared for in a way that the hair loss is considerably reduced and is at the same time useful. Thousands of individuals who have followed general hair treatment advice and who have actually arrested ALL hair loss and have maintained full heads of rich hair into old age.

There are many lotions and potions that are sold through shops, stalls, stores and through advertising in the press and magazines, but none work in giving new hair. It's as simple as that.

Here are the facts. Hair research has been carried out now for decades. The following steps for a stronger, healthier and thicker head of hair have been formulated from all the knowledge we have gained from hair research laboratories, hair institutes, and university research commissions on the problems of alopecia and receding hair from all parts of the world. At the same time, you can follow up these simple plans as the only positive action we believe that can be taken by you to arrest a thinning hair. There is no magic formula or guaranteed treatment that can give you a full head of hair. You are not entirely bald, as the conventional matter of baldness common to men. We might add here that hair transplanted like heart transplants, grows in its infancy and as yet is not wholly satisfactory. However, great progress in this field is anticipated in the next decade or so. Usually, the hair used to transplant is taken from behind the ears or the nape of the neck, places where hair is nearly always abundant. Whereas the treatment is not painful to any extent and can be done at the rate of 25 to 100 new transplants at one time, it is extremely expensive. But sometimes money is no object to a man who needs to treat baldness.

Let's not waste time talking. Here are the things you can do. Be slower, as simple as you can, to live.

STEP ONE

Hygiene

Wash your hair every other day, if you live in a city. Twice a week, if you live in the country. A tremendous amount of premature baldness is caused through minute particles of dirt which block up hair follicles and cause an early demise. In fact, the head is usually the dirtiest part of the body. If you want thick hair, your life should be the cleanest. Use a good shampoo, mild and rinse thoroughly after each washing. If you have a rash or blemishes on the scalp, see a dermatologist, because washing can often worsen the condition.

STEP TWO

This induces sweat which, if left, can corrode the hair

STEP THREE

[illegible]

STEP FOUR

[illegible]

STEP 5 VE

By the same principle of an inter-visibility of protection systems, even more, the nature of the accident can induce healthy and a study is in fact. Personal, but the leader in the field of work. The consequences of the behavior of a subject under the influence of the environment of the

STEP SIX

Beefsteak from oven puffing, any for on on he ha hen drinks at at to spray swards to cause the water crystal to set on and like but once whilst out to to to that. Many the notes are a single white car with the last for spray will settle the as stuff are it immediately a little over at 60 y from set on the for the if you must use a spray to wash your hair. When left a set of teeth appear in a white light. I find myself in using a spray on rare necessary occasions only.

STEP SEVEN

[illegible]

STEP THIRTEEN

Have a check up with your dentist. Bad teeth can adversely affect the hair by indirectly poisoning the scalp.

STEP FOURTEEN

Stress can be one of the most devastating killers of hair. Try not to worry unduly. Remember worry itself solves nothing. If you find that your job is giving you a draining feeling inside then try and seek another approach. Apart from saving yourself from getting an ulcer, your hair will be less likely to fall out. Worry in some people can cause almost overnight hair loss.

STEP FIFTEEN

Hair is made of protein. Ensure that you are getting adequate supplies. Good protein foods include Fish, Poutry, Nuts, Cheese, Milk, Meat, Soya Beans and Eggs. For those who prefer it, there are numerous protein supplements on the market, sold in powder or tablet form. These are obtainable at drug stores and chemists.

Protein is not fattening. Get plenty of it!

STEP SIXTEEN

Make a point of really breathing in fresh air when you are out of doors. Few people fill their lungs with air from one week to another. Adopt as a matter of habit the procedure of taking a few really deep breaths. Hair needs oxygen and often supplies dwindle by the time this ingredient reaches the scalp via the blood.

STEP SEVENTEEN

A special treatment used by many stage screen and T.V. personalities. This special treatment to be carried out once or twice a month only.

Heat some castor oil to a temperature that is comfortable yet stimulating to the skin of your scalp. Run into the hair thoroughly, then apply hot damp towels around the entire head to steam the oil into the scalp and hair. Continue it as 'hot towel' treatment for ten minutes and allow the oil to remain in the hair for at least twenty minutes. Then remove with a vigorous shampoo. Remember to rinse hair thoroughly to remove all dirt, grease and dandruff which has been loosened by the hot oil treatment.

STEP EIGHTEEN

To have healthy luxuriant hair, one should make a point of getting every dead hair out of you scalp every day. When one allows dead hair to remain in the head one starts scalp problems. New hair finds it difficult to come in when it is blocked by dead hair. Many people who are biding refrain from removing dead hair thinking that they are aiding the budding process. Nothing could be further from the truth. Don't be afraid to push and massage vigorously after you have once got your scalp used to vigorous brushing. This loosens dead hairs and in their place grow strong new hairs. By getting rid of dead hair you help to ensure a stronger growth. One of the greatest fears of a balding person is that he or she is afraid to crush the head for fear of losing more hair. Naturally at first you will make it easy, but within a week you should be brushing your hair vigorously every night.

STEP NINETEEN

Not a direct hair care procedure, but certainly an important aspect of head/hair appearance is the way you treat your hair. Make a few enquiries in your area and perhaps even pay a little more to have your hair cut by a good barber. This is the place where many of the ageing wrinkles whose very existence depends on their overall appearance. Greier styling can make all the difference. For those who have suffered enormous hair loss that a barber can hardly help, there are suggestions that the use of just combs, a wig, a beard, moustache or long sideburns. These will tend to let off on the receding and hold the same your glaucous eyebrows can be darkened to detract from the hairline.

STEP TWENTY

Combs should have blunt smooth teeth. Never use a sharp comb that can harm the scalp or the

STEP TWENTY ONE

Hair pulling. Make a habit of gently rubbing the top of the head. As your hair strengthens, this exercise can be increased in severity as you get used to the movement.

STEP TWENTY TWO

Rules for the shampoo. Two to three shampoos with mild shampoo about at intervals of two to four days in warm water, then cold water rinse to stimulate circulation. Dry the hair and wash your face if possible.

STEP TWENTY THREE

Keep your combs and brushes absolutely immaculately clean. Of all things, if one hair care hint has to be singled out as the most important, it would be cleanliness of the hair and scalp. Keep clean by regular washing and rinsing. And likewise keep anything that touches the hair spotlessly clean.

A FINAL WORD

It is very easy to gloss over these hair care steps and to think of yourself as if you follow the advice you would not do your hair one bit of good.

Human nature being what it is, many people feel that if they spend money on a tonic, they are helping the growth of their hair. But if they follow advice like self-massage and scalp hygiene, etc., they will not get anywhere.

Don't fool yourself. There was a lot of hair that grew hair on bald heads, we would hardly have any bald people. Follow this advice. It is invaluable. Keep this advice with you for reference at all times. No simple contents can keep you young and good looking. Keep your hair going. Practice the advice as it is. Soon you can become hair and like cleaning your teeth, washing your face or shaving you will be practising hair care. You will be happier, more content knowing that you are doing everything positive towards maintaining a healthy head of thick hair.

Meanwhile rain like a leech will be gnawing at your muscles. A week we give you a whole new system. THE PUMPIN' & PUMPIN' PLE! This should shock your body into a whole new power & a new fantastic muscle development.

Now then get some protein so that your body will be able to build it up when we give you Pumpin' No. 2. Your muscles will be screaming for fuel & we'll feed them and watch them burst in a new size by next week. We will also have some advice on how to pose your arms to impress others. This includes tricks in how to make them look bigger than they are.

HERCULES I AND BETTER UNDERSTANDING OF SEX

Sex always seems to be a style. One can hardly pick up a newspaper or magazine which does not include either advice or some reference to sexual relationships between men and women. Of course the whole subject has been gloriously over-simplified and in many cases, Old Wives Tales have answered out of the mire of misinformation given out by the various publications.

Yes, Sex is hard to stay. Personal problems will always exist. Here are a few of the most common questions we have received in our Mail office. The answers are given by our resident advisor on Sexual Behaviour Problems.

Q. My lover seems to be frigid. Just can't bring her to climax.

A. Marriage helps. Also kindness and thoughtfulness over a long period. Help her to consider & try discussing the subject that sex is not bad or wrong. Get guidance from a psychiatrist if necessary. Be happy or at least try not to let moodiness or rejection take over or ruin your romance. Tell your spouse that you love her and mean it. Don't be selfish & need. Endeavour to arouse her fully with intercourse with extensive foreplay. Show her by your actions that you are loyal and that you can be trusted not to jilt her.

Don't be in a rush to satisfy yourself. Delay your climax as possible. Do not constantly tell her how you love her. Resting nerves or complexes can contribute toward frigidity. Find a man who openly engages in relations, whether he is a spiritualist or as an expression of his basic needs as is acting against his own best interests. He is a knowingly laying the foundation for the development of frigidity in his wife.

Vibrators as a sex aid

* is important for a woman who has not experienced orgasm to have the actual sensation of reaching a climax. One effective way of doing this is through the use of a battery vibrator which can be bought for general massage purposes at many stores, drug stores and variety stores.

The husband should gently massage his wife with the vibrator all over her body. Let her used to its soft purr and sensuous "robbing". The vibrator should continue this until his wife is relaxed and comfortably lying back on a bed or couch. With the woman totally relaxed the man should place the vibrator over the vaginal region and hold it in position for a period of time. The aim should be to assist the husband in the vibrator while she experiences pleasurable sensations. If your woman is completely relaxed and uninhibited, during the day in a few minutes of this vibrator activity will bring about an exclusive orgasm. This is usually achieved by using a vibrator in the vagina. The vibrator will define "nerves" in the woman who are gods or in the more confident and sexual. It will also be physical intercourse. Consequently, because your woman has experienced pleasure from high orgasm without the use of a vibrator, her orgasm through intercourse becomes a more feasible possibility. The barrier has been broken down.

Q. How can combat importance?

A. May be a negative effect of immigration. They just cannot get a handle on the usual abuse of no authority and abuse of power less. Abuse of power only in its many forms: or excessive party abuse (Alcohol, cigarettes, etc.)

[illegible]

However, if phlegm does exist with some kind of a very weak sign, there is no reason to fear. And, of course the more a man works, the more his problem gets worse. How does it begin?

The dual object of your purpose is to learn to offset a male fears about sex and your performance. That word, performance, is very relevant. This is one reason why you may be impotent in the bedroom. In a sense, women are lucky as far as sex is concerned. They may fail to get a very solid erection, but even so it is satisfactory for their husband. But they can never forget about failing when it comes to sex. (In the bedroom) the male is regarded in a different light completely. He is expected to perform. Most males regard sex as some kind of test of their performance and ability to satisfy their woman. They feel that they are being judged by their partners. Pass or fail - most men are worried about and anxious about their sexual failures. The true meaning of sex, of course, is enjoyment, learn to enjoy. Take the threat out of your sex life. Don't think in terms of failing.

[illegible]

You will see that + you are prepared to progress slowly in the way I've described, are soon with you and you further with + able to enjoy sexual and totally abandonment (overmaking free from a kind of fear). If you're sexual adequacy I will be a overmaking that was no misguiding you's impression at all. You will be making together in the initial 0-6 months not as sexual re-

lations. We highly recommend that if you are planning to beat impotency you study **IF JACK HILLMAN SEXUAL ADEQUACY** by Masters and Johnson. From which we have drawn several random paragraphs in this chapter. Their sensitive approach born out of a wealth of specific experience in these matters can benefit you enormously.

Q. I am concerned whether or not my penis is big enough to satisfy a woman. I measure just five inches when I have an erection.

A. You are one of those guys who is worrying about the size of his penis? Here are a few facts. The average length of the adult male reproductive organ is 5 1/2 inches for most, or less. We hear a lot of talk about eight to nine inches for men, organs and thought such dimensions should be easy to verify during erections plus a little doubt even if they are certainly in the minority. We are asking now of the measurer to be in an erect state. Not fact. In fact, no penis can measure anything from 6 inches to 6 1/2 inches or more. But, and this is important, it matters not in the past whether you "tick" penises with your fingers. It is extremely unlikely that a married man could give a penis to his wife to give perfect satisfaction to his hard partner. The most sensitive area of a woman's vagina is the clitoris and this is located right at the front upper end of her genital region.

Few, if any, kind of male organs will reach and stimulate this area without any other aim. Few women are concerned with penis length because they are aware that it is just the size of the organ that is important. But what you do with it. Of course there are a few misquid women who prefer to be tickled by the fingers in bed but it is a relief has no real foundation. It is a nice thing, so to speak.

There are no modern methods of increasing the size of the male sexual machine to take on any significant firmness to its intimate length. Generally speaking, you know your penis size and it is as you are to change your life. The wisest thing is to accept it rather than gradually let it go. We were both well endowed.

In spite of the fact that a man may understand that the size of his penis is unimportant and irrelevant to his wife or mistress, he is joined thousands of men who yearn for a larger sexual weapon. Some men, whose penis size is average or even above average have lost, during sex about their personal givings and feel that they are small and consequently cannot give a woman a really satisfying sexual experience. The most cases no amount of reasoning to the contrary can convince them of this. The problem is not physical but essentially in the mind. To repeat, few women care one bit about how long your penis is. It is what you do with what you have that counts.

- Q. Is there any way a man or woman could get venereal diseases like gonorrhea or syphilis apart from sexual contact?
- A. Almost without exception gonorrhea and syphilis are acquired through sexual relations only including contact between homosexuals.
- Q. What are the main differences between gonorrhea and syphilis and how do they affect life and health?
- A. Both are venereal diseases affecting millions of people yearly. Gonorrhea is the most common and is spreading like wildfire among young people. The symptoms are usually a discharge of the male and sometimes in the female. On the other hand syphilis seldom causes a discharge and usually characterized by a chancre or ring like sore to appear on the genitals. This usually usually disappears as the disease goes "underground" entering the bloodstream and comes back again later with serious complications. Paralysis, brain damage, blindness and ultimately death can result.
- Q. Is intercourse during a woman's menstrual period harmful in any way? Could pregnancy at this time result?
- A. Sexual relations during this time is not harmful to either partner. Pregnancy risk is minor at best although not entirely unknown to result from sex at this time of the month.
- Q. I just cannot make my current girlfriend reach a climax. No matter how much time I give to her, I've made my wife never seem to rise beyond a certain plateau. If only I were different! What do you suggest?
- A. This is a common complaint. The woman may be unable to fully give herself to sexual abandon for many reasons. Sometimes it is due to self upbringing or with having to give sexual satisfaction the "dirtiness" of sex. Other fears result from over religious backgrounds. There are also more physical causes like baby fear of pregnancy or of being physically hurt. You may be a strong one. You have to build up confidence in your woman. Back to understanding and above all patience. It is true that a considerate husband who follows our recommendations and learns the secrets of turning on a wife will not have a frigorous life for long unless of course she has serious psychological problems which require the help of a therapist.
- Firstly, I should say that your partner may just not be interested in sex with you. In fact, this is the most common complaint received by marriage counselors. In most cases, it is the wife who does not enjoy sex. She merely goes along with it as a duty to her husband's desires.

Here's Your Four Way Plan

- 1 The husband should talk about sex with his wife. He should encourage her to read authoritative books on the subject of sexual intercourse. The books should be frank, open and written in a professional manner. This step is very important in establishing communication without which a good sexual adjustment is impossible. Your wife should be exposed to such words as penis, vagina, vulva, clitoris, masturbation, orgasm in a professional context. After she has become accustomed to using such words, she will be in a better position to talk frankly about using them to express her desires to her husband. This openness will serve to remove the embarrassment she has a ways connected with those things.
- 2 The effect is vitally useful in aiding a woman's sexual climax. A woman who is shy or timid, a woman who has not experienced an orgasm. Once a woman has come she will want it regularly. The vibrator can help initiate things although many women will object to its use or to gadgets that feel unnatural. However, make no mistake about it, once an orgasm is brought about through the use of a vibrator, more conventional penis-vagina intercourse stands a greater chance of bringing about a satisfying climax. Vibrators, shaped like cigars, are available at most drug stores.
- 3 Have frequent intercourse. You can even surmised the recommended dosage given by most marriage counsellors of three or four times a week. In fact, a daily diet of intercourse might be the best thing at this time, skipping a day only now and then. Don't worry, you won't wear out, and produce takes perfect. The only way to tell if the recommended dose will wear out is to find out if mutual sexual pleasure.
- 4 Allow all intercourse to vary in its sex. The intercourse should never become boring or routine. Ask your wife what she likes best, what does she like most. Where is she most sensitive to your caresses? Experimentation in lovemaking can enhance your sexual rush. You may be amazed at the number of ways in which you can give or receive sexual pleasure. Be generous with your patience, your understanding and your body.

Q: How long should intercourse take? How long should it take over foreplay before a temporary union?

A: Sexual intercourse can take anything from a few seconds to several hours to complete. Normal sexual relations usually last from fifteen to forty minutes. How long you take depends on your need, desire, attitude and fitness. Generally speaking, an overshoot sex act results in mutual dissatisfaction, more so for the wife than the husband. Men can more easily climax than half or two than can women.

Foreplay should be continued until your woman is well aroused and moist. Her reaction is the best indication of your foreplay. Spend anything from fifteen minutes upwards at this in making a lasting. Do not make the mistake many men do and enter your woman too early. This takes a lot of pleasure from her. Inadequate foreplay all too often results in unsatisfactory intercourse.

Q Intend deflowering a virgin. Anything I should know?

A Not really. Except of course, for who a virgin is. It should be gentle and understanding as possible. Deflowering a virgin must not be looked upon as a male's first sexual enjoyment. That can come later with successive sessions. Rather, you should concentrate on the easiest and most gentle penetration possible.

Sexologists agree that married men are more understanding in deflowering virgins, especially if the virgin is single. Men often become over excited at the thought of breaking a virgin, so that they are excessively rough. This can cause an intense physical and mental anguish. So gentlemen, take her easy. Also, many women should not be taken as a "silly attempt". Penetration should not really take several days. Realize that not all penetration can in some cases cause deep traumatic bruises to the female, just the

Q Can sex organs be worn out through frequent use?

A No way! But you can get mighty sore, and if it is sore you should lay off all sexual intercourse until the soreness has completely gone. There is no such thing as too much sex. If you do not know how to do things, the body you direct by temporarily removing your sex drive.

Q Like the idea of genital kissing prior to sexual intercourse but I have a phobia about it. Even less so if I take the thought of the possible presence of sneezing discharge or other unsightly conditions.

A I know what you mean. But hygiene works both ways. The best idea is to have a mutual understanding that you will shower thoroughly before sex. On a least wash the genital areas. If I say this, there is nothing more we should mention that a woman's who knows her genital area completely right at home. And if she is a woman, she should wash up even more at least before sex. The best way is to have both of you get into a hot shower. Show your woman that you would not "sex" first, but rather a long wash of the whole body first, just wash and shower and shower. And if you do not know how to do it, ask her to be just as considerate about her genital hygiene.

Q Could you tell me what the current thinking is on circumcision?

A It still cuts very much in both ways considered to be desirable as a health aid in all males. Jews, Arabs and other tribes circumcise all male infants. The origins of this practice are related to sound health practices at that time and only later became incorporated into religious rituals.

The reason for circumcision is said to prevent phimosis or tightening up of the foreskin. It also allows for hygiene of the penis. The foreskin is said to be a second, a sneaky, substantial, with a sacculus about the foreskin.

TEETH CARE

There are a few things in this world more attractive than cleanliness. We saw about sex, and the same is true with the mouth.

Never underestimate the importance of oral hygiene. Whereas it is true that the mouth has its own built-in cleaning system, nature needs a helping hand to make sure that your teeth keep spots, messes, etc. and free from cavities. If you want your teeth as perfect as possible, then:

1. Clean them after every meal
2. Brush your gums regularly
3. Do not eat synthetic foods
4. Do not eat candies, cookies, white flour products, gooey pies with white sugar, etc.
5. Eat an apple a day. Raw fruit and vegetables are the best foods for your teeth!
6. See your Dentist every eight months
7. Use a fluoride toothpaste
8. Use all teeth when chewing food. Don't favor one side of the mouth. Chewing is vital to healthy teeth.

Incidentally, Steve Reeves, who does not have a single cavity in his mouth, always uses baking soda to clean his teeth. Maybe he has something?





MP EVERY KING STEVE REEVES THE FINEST EXAMPLE OF PHYSICAL PERFECTION IN THE WORLD TODAY



MR BRITAIN FRANK RICHARDS HAS THE KIND OF PHYSIQUE
THAT APPEALS TO THE LAYMAN IN THIS PICTURE HE IS COM-
PLETELY RELAXED

HERCULES II

(Apollo - Power - One)



lesson **7**

lesson **8**

LESSON SEVEN

We promised... So here it is!

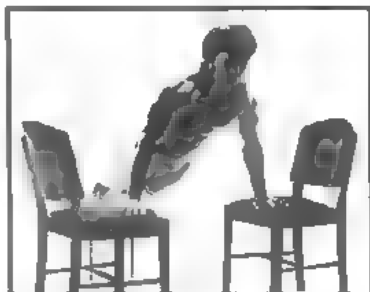
The Super Hercules Pumping principle: This week you get a fairly new 1 x 3 workout routine that you get a fairly new way to perform. First you exercise then we will explain how to properly pump your muscles to new growth.

EXERCISE ONE

Hercules Dip between Chairs

4 x 10

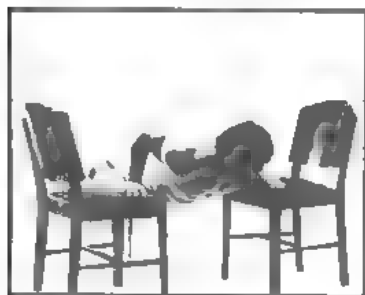
(chest, shoulders, arms)



1. The person is in a starting position, standing between two chairs.

2. Bend at the hips and lower the body down between the chairs.

3. Push up with the arms and legs to return to the starting position.



EXERCISE TWO

Reverse Chair Dips

4 x 12

Chest, arms, shoulders,

Illustration 10



- 1 Assume starting position as in Illustration 10.
- 2 Commence the exercise by lowering into position 11, keeping your back and legs straight at all times.
- 3 Return quickly to original position and repeat until the desired number of reps have been completed.

Illustration 11



EXERCISE THREE

Calf Raise

3 x 20

(lower legs)

- 1 Stand as illustrated in (8) placing the ball of your foot on a thick book or piece of wood
- 2 Hold onto a table or chair back for balance
- 3 Raise as high as you can by lifting on your heel only
- 4 Lower until heel touches floor giving maximum stretch to the calf muscle. Rise and repeat



Illustration (e)

EXERCISE FOUR:

Bouncing Squat

3 x 60

(Thighs and Hip Girdle)

- 1 Adopt the squat position shown in illustration (f). Hands to be stretched out in front.
 - 2 Raise the body up and down approximately 9 inches. Do not come out of the squatting position completely. Just raise and lower about nine inches - Up, down, up, down. Continue until thighs are thoroughly tired.
- 3 x 60



Illustration (f)

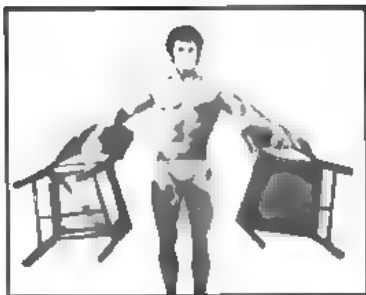
EXERCISE FIVE

Lateral Raise

3 x 10

(Shoulders, Traps and Neck)

1. Using two chairs, stools or heavy books, raise and lower your arms to the side as shown in the illustration (g).
2. The arms should be very slightly bent to take pressure off the elbow joint.
3. Keep shoulders back and ensure that the chairs are lifted to the side and not forward to the front. Continue up and down until tired (3 x 10).



EXERCISE SIX

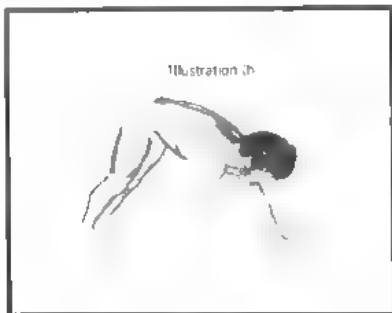
Jackknife Floudis

3 x 15

(Shoulders, Arms, Chest)

Move into the dipping position shown in illustration (h).

2. Move up as high as you can, then lower yourself until your chest almost touches the floor by bending your arms slightly.
3. Press up and repeat.
4. Make sure arms rock but straight after each repetition. 3 x 15.



EXERCISE SEVEN

Single Leg Bicep Curl

3 x 35

(Arms)

- 1 Adopt a sitting position with a broad, upright, firm, and one leg. Illustration
- 2 Grip the pole with both hands, palms up and feet flat on the floor.
- 3 Next, while keeping the elbows tight into the sides, curl the bar lifting your leg as high as you can while still remaining seated.
- 4 Continue the effort for 2 seconds even though you cannot raise the pole any higher. Lower and repeat. 3 x 35



Illustration (a)

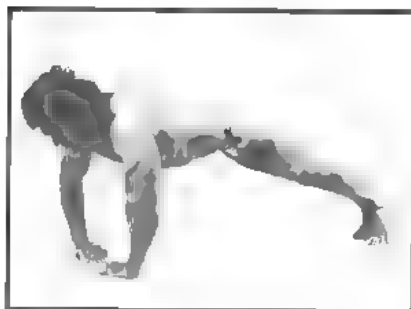
EXERCISE EIGHT

Ticeps Floor Dip

3 x 10

(Arms)

Illustration (b)



make matters worse no way can you get an extra bit with local severity. You may prefer to perform some other exercise to give you more of a balanced physique. This, of course, acts doubly towards giving you a properly proportioned body.

THE WAY TO ENSURE THAT YOU BUILD YOUR BODY'S MUSCULARITY WITH EXACTLY EQUAL AMOUNTS OF EXERCISE FOR EACH BODY PART:

So there you have it. Don't play favorites with your muscles. Exercise each and every muscle in the body with equal exercises. (Don't do excessive work on any one body part at the expense of neglecting others.)

As a general guide to development, one should aim to obtain an identical measurement of arms, neck and calf muscles. This is the Grecian ideal. They don't have to measure exactly the same but there should not be more than an inch variation. Modern day bodybuilders, heart as well as their arms, with a three inch gap, more than their necks and calves. But this usually isn't a troubling discrepancy if it is a bodybuilder's only concern. Their arms drop down on the body may look impressive, but the whole physique, when viewed as a whole, then, the disproportionate appearance will become obvious.

One of the most proportionate physiques we have seen over the years is Mr. Universe Paul Wenter. He is five feet nine inches tall. He weighs just 188 pounds. Arms 17 1/2. Neck 13. Chest 47. Waist 34. Right 28. Left 26 1/2. He is beautifully proportioned. There is no area of his body that has been given love and neither is any part underdeveloped. We would like Paul Wenter to be everywhere Mr. Hercules, Steve Reeves. Judge for yourself. And we are proud to say that he did it with the help of HEATCOLD. Yes, he used these very principles to build his body.



PAUL WENTER MR. UNIVERSE

TENSION AND THE BODYBUILDER

After a few hours, the two subjects seemed to be able to easily identify the type of information given to them. The first one said that the information was not very clear, but they probably understood it. The second one said that they understood it, but they were not sure if they had the right idea. In both cases, we can say that the information was not very clear, but they probably understood it.

You Can Beat Tension and Relax

It is a very excellent example of a small, cutting-edge industrial company that can be a "thin spark" of

[illegible]

Being a woman in the 1950s was a lot like being a man in the 1950s. It was a time of conformity and conformity was the key to success. If you didn't conform, you were a deviant. And deviants were the enemy.

which case it makes for less efficiency, instead of more.

1. H5.4. The α -doublet is necessary for gluons. When we are done for the gauge interaction, every α_s is a α_s again, even the most ordinary effect.

And as for us, as Christians can become happy in what we do, the only way to do that is to be a person becoming new again in the work of God's grace and then to be able to do nothing to worry about.

What is the expected effect of the nerve blocking the sympathetic outflow to the body?

What is the remedy

⁷ Though these and derivatives of one kind and another are at best only temporary expedients.

Therefore, the series will have to serve you most keen to read. The same are slow, is not a deer in the woods, but of the human body, but human heart would break you to feel out in the forest, in between every heart beat. There is a lot of a "break break" a breathing space by which the heart energy is replenished, preserved and maintained.

Finally, muscle tone is vital for joint motion and stability. On this important, the ease with which you move your muscles is concerned as they go into action.

of approach, one physiological, and the other psychological.

The mind/body connection is a two-way street. The mind can relax the body. Not all realize the impact of the body on the mind.

Says Joseph Kennedy, "The relaxation response to the body's signals, yes, goes from the muscles to the brain. Nerves also carry messages from the muscles to the brain."

In other words, the body can teach the mind to relax.

For instance, you feel a shiver through your legs. So, at a time when you feel nervous or in a panic, you feel that shiver and start and jerk and jiggle and you wonder how to handle it. What can you do?

Next time this shiver is on you, take you sell it, and use it. If you get a shiver, sit or lie down and proceed to count slowly and rhythmically 1, 2, 3, 4, 5, 6, 7, 8, 9, 10.

It teaches how you can quickly grow calm and become normal. Not only for your shivers, but your nerves will steady and your whole body feel more relaxed and normal.

DEEP BREATHING

Calves this step on the floor each day. It is a very simple exercise that is very relaxing and deep breathing.

With hands on the floor, bring the knees up and down. It is a simple exercise that is very relaxing. Place the feet on the floor and breathe out. It is a simple exercise that is very relaxing.

Deep breathing exercises have been used again. They have been used for many years and they will be with you through many an anxious demanding day. Whatever your job.

Children should relax and with the help of an exercise. It is a simple exercise that is very relaxing. You must learn to let go and give them a chance to recover.

When you do this exercise, feel your arms and legs. It is a simple exercise that is very relaxing.

There are many systems of techniques for relaxing. Some like Yoga, Tai Chi, and others are very relaxing.

Try this one. Stretch out on your front and back. It is a simple exercise that is very relaxing.

Let your feet jump forward. It is a simple exercise that is very relaxing. When you have done it, you will feel more relaxed. Try it. It is a simple exercise that is very relaxing.

As athletes tell us that once a muscle has started relaxing, if it is not interfered with, it goes on relaxing automatically. Relaxing therefore has more than a momentary value.

The effort is all overdone and goes deeper than you might imagine. It loosens up the too tense muscles throughout the whole mechanism of the body. It replenishes lost energy and gives new stead and balance into to of the distractions and worries of an exhausting day.

MIND CONTROL

2 The psycho-physical Mind Control should be combined with what has just been said about bodily relaxation through muscular control.

It serves the purpose that while you are trying to exercise bodily relaxation your mind is a lot of righteously disciplined and systematic. You must acquire at least some control of your mind.

BUT HOW? By deliberately filling your mind with thoughts that are the very opposite of the frightened, the despairing, the panicky.

You may remember that a mind is a complete instrument of your attitude to things. But it is well known that it does not hear but it is concerned with the problems you have to face, the anxieties which wear you down, the heavy burden you have to carry and make you feel it comes at the end of your tether. But all these will vanish.

But the main aim that you will be fighting the battle with them. Your frayed nerves won't be so tired so much. And you will meet what you have to do with calm composure and assurance.

2. **EMOTIONAL SPEAKING** which accounts for the over tense nerves, the too highly strung emotions? The answer is two fold: impatience or fear.

First let us consider impatience.

We all know the restless, fidgety type of worker always in a hurry to get it done, to get it done very, achieving very little in the end, and expending a great deal of nervous energy for no purpose. We must learn to conserve our energy. We need a new approach. Bill Hogan the famous golfer said, "In a tournament game concentration on the job is the only thing I am playing. I never let myself be pressed because I never allow myself to think of what comes next. This helps my play besides enabling me to feel leisurely and relaxed."

There is wisdom in this. If you have a busy, distracting day ahead of you when things can't all too easily get out of control don't allow yourself to be flustered. Don't fret about "How am I ever to get through this day?" Sit down quietly and plan the day carefully. Take things one at a time, thinking of nothing but this one thing only and giving it your undivided attention. This will ease the tension and will leave you less fatigued at the end of the day besides making a far better job of everything.

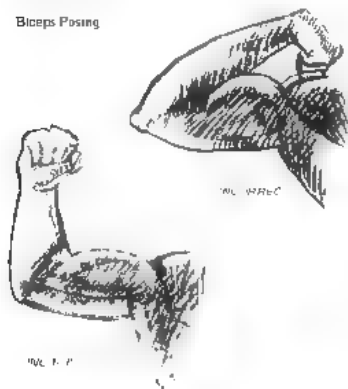
HINTS ON POSING

How to Pose Your Arms

The arms are probably the most impressive part of your body. Your arms are not as good as the legs, but they are very important. But a well developed arm is not as good as a well developed leg.

THE 100%

Biceps Posing



generally when someone is asked to "show off" his arm, he will think of the "biggest" arm possible. Obviously therefore you need to have a good sized arm in the first place. Here at the Hercules offices, we have seen many different arms - up to 20 inches girth. But we are sure that when you say "biggest arm" the first thing that comes to mind is "impressive" and we have the resources to help you with that. A big arm is not the same as a big man arm. For instance, the average arm girth of a 200 lb. man is about 14 inches. It is not very impressive. They aren't "big" but they do not look like they are made of a layer of superfluous fat!

So you see, you should make sure that you develop an impressive arm in the first place. One that combines an appearance of real muscle - not flab - a "Hercules" arm that has an aura of strength and definition as well as muscle. The Hercules program will give you a chance to possess such an arm.

Don't forget now - Train Harder!



Vito Corleone
a truly beautiful physique

The Hercules program is designed for the "average" man. A man that has a "big" arm but is not very muscular. Through the Hercules program, you will be able to develop a "big" arm that is also muscular. The Hercules program is designed for the "average" man. A man that has a "big" arm but is not very muscular. Through the Hercules program, you will be able to develop a "big" arm that is also muscular.

LESSON EIGHT

So there we go with Lesson 8. It is a very easy lesson to read and a great one to do. It is a very easy lesson to read and a great one to do. It is a very easy lesson to read and a great one to do. It is a very easy lesson to read and a great one to do.

This is the final exercise of your week training regimen. It is a real workout giving a thorough conditioning of the muscles of the torso. It has been shown to be the most effective abdominal exercise.

EXERCISE NINE

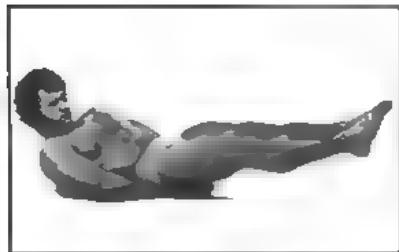
Situps 3 x 15

Upper Stomach Muscles

- 1 Lie on the floor on your back. Arms extended straight out.
- 2 Commence to sit up as shown in illustration.
- 3 Lower slowly with rounded back into series.



ILLUSTRATION



ILLUSTRATION

EXERCISE TEN

Leg Raises 3 x 15

Lower Stomach Muscles

- 1 Lie on your back, hands under your hips, knees bent.
- 2 Raise and lower legs together.
- 3 Do not allow feet to rest on the floor between repetitions. Raise, lower and repeat, 3 x 15.



1 Hercules Dip between Chairs - 4 x 10



2 Reverse Chair Dips - 4 x 12



3 Calf Raise - 3 x 20



4 Bouncing Squat - 3 x 60



5 Lateral Raise - 3 x 10



6 Jackknife Floor Dips - 3 x 15



7 Single Leg Bicycling - 3 x 35



8 Triceps Floor Dips - 3 x 10



9 Situps - 3 x 15



10 Leg Raises - 3 x 15

GIVE IT ALL UP TO GET IT

Here are a few musclebuilding tips which you may find helpful in building your body. You Get From Your Workouts Only What You Are Prepared To Put In

Don't ever howl the fact that you are not building muscles. You get out of bodybuilding only exactly what you put into it. Train like a man to be a man.

You must give yourself to your workouts physically, give your mind too. Train intelligently. Eat sensibly. Rest well. Follow the Herd's advice to the letter and you will succeed. We will go so far as to say that you cannot fail.

Watch Your Muscles Grow

While you are training visualize your muscles growing. Concentrate on the muscle action and watch them bulge under the tension. Close your eyes if it helps and imagine your muscles getting larger and larger. You may imagine them growing bigger and bigger. Concentrate on what you are doing.

Tense Your Muscles

An increase in definition can be forged in your muscles if you make a point of tensing them while exercising. Tension tightens while doing your arm exercises. Push up to tense your chest while doing the dipping exercise. All these will make you the kind of man you always wanted to be.

Get A Good Tan

An even tan will enhance your appearance tremendously. Don't wonder the sunbathing so often at your gym. Also, make sure that you allow the sun to get to your under-arm area, a part of the body which is often neglected. More information on tanning correctly will appear in a later lesson.

Get A Little More Protein Every Day

We've talked a lot about protein. We've told you that it's essential for the building and replacement of muscle cells. But the knowledge in the world is not going to do you one bit of good if you don't get it into practice. So we say again, eat and consume a little bit more protein every day. This combination with your training will result in a wonderful physique by the time the year is over.

Here's How To 'Break A Sticking Point

It happens to all of us. Right. Progress seems to stop. Gains slow down. Sometimes stop altogether. What to do? Your progress may be due to the fact that you are stale. You have lost interest and/or even overworked. Take a week off from training. Resume again after the layoff. Get extra protein more than you had before. You will start to grow all over again.

Personality Test.

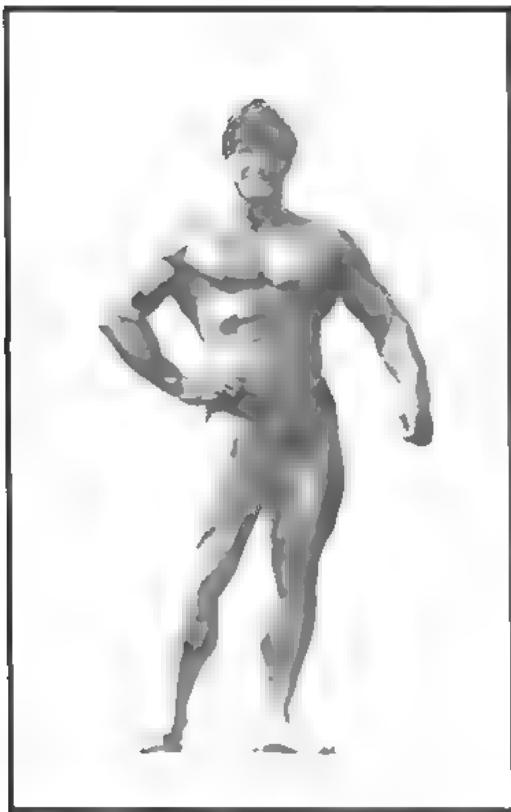
POINTS
SCORED

- 1 **Determination** (Prepared to do what you think is right and see it through) ()
- 2 **Personal confidence** (Believing in yourself and what you do.) ()
- 3 **Enthusiasm** (The ability to get yourself motivated and spur others on to greater effort.) ()
- 4 **Patience** (Being able to wait for those better days to come up one at a time.) ()
- 5 **Charismatic** (Being able to produce a relaxed and optimistic atmosphere in others.) ()
- 6 **Vivacity** (Acting as if you really enjoyed life and wanted to live.) ()
- 7 **Vitality** (Do you wake up this morning looking forward to the challenge of a new day?) ()
- 8 **Social ease** (Understanding the why you hold in your head and carry yourself. Believing in yourself enough to be relaxed when people are looking at you.) ()
- 9 **Sense of humor** (Having a dry knowledge there are enough things in our lives and the desire to not absorb in the world, but its refreshing to find a man who is optimistic enough to look on the bright side. A man with a laugh in a sense of humor just level with the feels in a how to world as a head start on a luckier, but more improbable man.) ()
- 10 **Willpower** (You can make others identify with you through witty conversation. A so-called having a little bit of a side step, double the use of humor.) ()
- 11 **Aggressive ability** (Makes other people in your power to get things done, includes positive action and staying power.) ()
- 12 **Isolation** (Can you be in conversation how easily even when you're stuck for a few hours in the sole company of a stranger?) ()
- 13 **Energy** (Includes brain and the power to carry enthusiasm on for long periods.) ()
- 14 **General Health** (Do you have good or bad living habits?) ()
- 15 **Intelligence** (A very broad field, but score yourself in comparison with what you think is the nation's average. (Don't compare yourself with fools or a genius.) ()
- 16 **Courage** (In the face of big odds.) ()
- 17 **Originality** (Are you a parrot or do you think for yourself?) ()

- [illegible]

A very long list, indeed, and a lot of order for anyone who tries to give up part of these things to a god. But nevertheless, getting new to those who fully realize the importance of self-improvement. The Serous practitioners of many old eastern religions spend years of hell in a number of ways to get themselves next to a place by getting these things with a lot of importance.

- [illegible]



MIR BRIT IN TRAINING - ART GIVES YOU THE SECRET TO A L TYPE OF TRAINING INCLUDING EXERCISING WITH BARBELL - HE IS THAT ONLY TRITON MOST IMPORTANT TO THE BODYBUILDER - HE IS THE ONLY ONE WHO CAN DO WITH - LUTTAGE CHEESE MEATS - DO YOU KNOW A TOP VIGOROUS MAN - HE IS THE MINDFUL PROTEIN SUPPLEMENT - HELP YOU GET THE MOST OUT OF YOUR WORKOUT

Step Five

Smoke while you eat. In the 1980s, Chase broke Don's stop yet. Set a date a few days from now. Pick your stop smoking day. You have to build up in your mind the REASON for keeping going now, but quickly put in your mind to stop. Next Tuesday or the next day. When you decide to quit, you have to build up as much momentum as possible.

Step Six

Tell all your friends and enemies that on such and such a day you will quit smoking. Make it a thing that the way you will feel embarrassed to start smoking in front of these people again.

Step Seven

When the going gets difficult, think of the five freedoms you win as an ex-smoker.

- (1) You preserve your health and lengthen your life.
- (2) You are free of the dictatorship of cigarettes.
- (3) You're able to do more things with less effort.
- (4) You have more money to spend.
- (5) Your senses become sharper, increasing your enjoyment of life.

By giving up smoking you are making a present of many positive pleasures to yourself.

After your first day, you are not as old as you thought. You can't do so those things. You feel fresher, more alert (like the used to). Food tastes good again. Kisses are fun and the quality of your friends. You are surprised with a heightened impression you could do it. You have a better sense of time. Your skin looks fresh again. In short, life is fun.

Step Eight

Some don'ts.

- (a) Don't take drugs. (They are either dangerous or useless.)
- (b) Don't substitute a pipe for cigarettes.
- (c) Don't try to give up by smoking other people's cigarettes.
- (d) Don't be afraid you will start smoking and expect help. Help or money will keep you in line.
- (e) Don't ration yourself to a daily quota. It makes them more important.

Step Nine

Once you have decided which day is stop day, prepare yourself for any problems that may arise. Be prepared to decline offers in any situation.

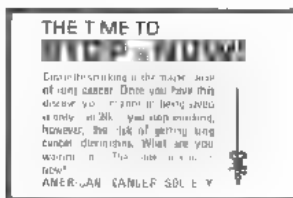
Review of Steps

1. Get Serious
2. Accept the truth and admit to yourself you are going to stop smoking
3. Give your body a chance to regain the health it is constantly asking for
4. Say "I choose not to smoke!"
5. Build up a real desire to stop - don't quit yet!
6. Tell your friends that you will stop on a certain day
Consider the five freedoms you gain
8. Bear in mind the important 'Don'ts'
9. Prepare yourself for the 'Stop Day'
10. Don't celebrate with even a puff of a cigarette
11. Find a partner to quit with
12. Write down your reasons for quitting
13. Smoke heavily on the eve of 'Stop Day'
14. 'Stop Day' - destroy all smoking equipment.
15. No exceptions
16. Don't give in
17. Gone forever. Congratulations!
18. Your main reason - Cancer

Buerger's Disease

This disease is extensively known to smokers. Look at the record. Of 1000 tested cases, every single one was a smoker. New York City Lung Hospital checked 470 cases - 1400 were smokers. The disease occurs in the extremities, that is the hands or the feet. Patients find that the fingers and toes are cold, numb, white, red, blue, swollen, and the tips of the fingers and toes are black. The patient complains of pain, numbness, tingling, and sometimes of a burning sensation. The fingers and toes are cold, numb, and the tips of the fingers and toes are black. The patient complains of pain, numbness, tingling, and sometimes of a burning sensation. The fingers and toes are cold, numb, and the tips of the fingers and toes are black. The patient complains of pain, numbness, tingling, and sometimes of a burning sensation.

You have decided that you are going to give up smoking some time soon. Giving up smoking will open a new exciting new world of freedom to you.



Boer is Mind

- Smoking can cause ulcers
- Smoking can cause heart disease
- Smoking can kill in circulatory diseases
- Smoking creates over acid condition in stomachs.
- Smoking damages your digestive system.
- Smoking injures the liver
- Smoking causes respiratory ailments
- Smoking injures tubercular patients
- Smoking causes additional problems for diabetics
- Smoking aggravates an overactive thyroid gland
- Smoking cuts down your endurance
- Smoking can cause blindness.
- Smoking spoils co-ordination.
- Smoking creates nervous tension
- Smoking contributes to certain types of deafness
- Smoking spoils the complexion and causes skin ailments
- Smoking stupefies the brain
- Smoking causes an earlier death
- Smoking can cause hardening of the arteries
- Smoking causes lung cancer, mouth and throat cancer
- Smoking causes Burger's Disease



HERCULES II

(Apollo - Power - One)



lesson **9**

lesson **10**

LESSON NINE

In this lesson you are to add just one exercise to your schedule.

EXERCISE ELEVEN

Bent Over Leg Raise to Rear

Lower Back, Hips

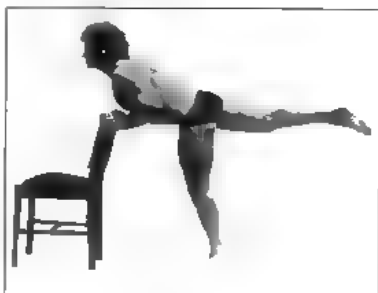
3 x 18

1. Assume position as shown in illustration.

2. Raise right leg to rear.

3. Repeat with left leg.

4. Repeat with right leg.



Illustration

5. Repeat with left leg.

6. Repeat with right leg.

7. Repeat with left leg.

Breakfast

Cereal, milk, eggs, fruit, jam

Mid-Morning

Meat or fish sandwich
Two glasses of milk

Lunch

Salad, fish, meat or cheese
Two glasses of milk

Mid-Afternoon

Cereal, milk, fruit, jam
Two glasses of milk

Supper

Regular meal of meat, vegetable, fruit
Glass of milk

Before Retiring

Sandwich
Glass of milk

HOW TO POSE YOUR BODY

There are many different reasons for posing the body

- 1 To display good body development and top proportion
- 2 To display grace and beauty of physical fitness
- 3 To show utmost physical development in the form of huge muscles with razor sharp definition
- 4 To show tremendous awe inspiring power

Each of the above 'styles' is quite different and no one man could pose successfully to show the utmost in all categories at the same time. What is it you want to show when you pose?

Picture Number One shows the type of pose that is used by bodybuilders who have good muscle size (though not enormous) and who like to display the fact that they have balanced out their training and developed a proportionate physique. This is usually the most sought after type of build. The photograph is, of course, none other than "Mr. Everything" Steve Reeves. He is generally considered to be the World's most perfectly developed man.



Our next model is Tony Sansone. This picture displays the grace and beauty of the male physique. There is no attempt to show huge bulging muscles. The idea behind this type of pose is to show how one does not need 20 inch arms to make an interesting study. Few modern day bodybuilders could look impressive in this pose.



Utmost physical development is shown in this 'most muscular' pose by Harold Poole. This is the most controversial type of posing. When a bodybuilder seeks to 'pop out' his muscles in this way, the layman tends to wince and may even feel nauseated. On the other hand, this is exactly the kind of pose that wins physique contests (and money prizes) for men who are willing to put in the time and effort. Harold Poole knows all about how to impress physique judges. He has won his fair share of contests including Mr. World



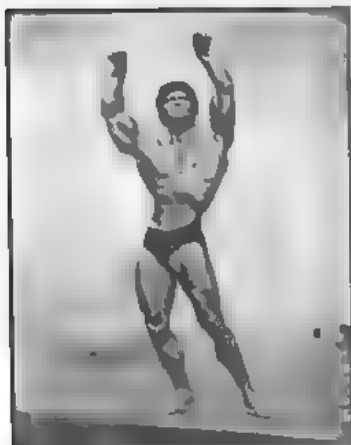
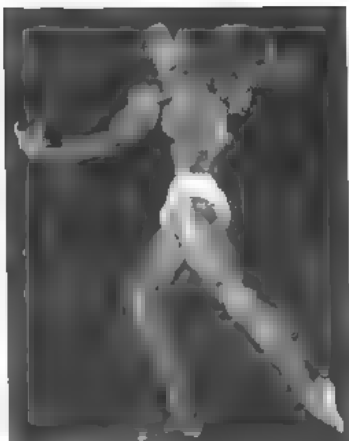
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Anderson, George A. v. Anderson, Paul

[illegible]

Steve Reems

Figure 1. Schematic representation of the experimental design. The subjects were divided into two groups: the control group (C) and the experimental group (E). The control group (C) was divided into two subgroups: the control group (C) and the control group (C). The experimental group (E) was divided into two subgroups: the experimental group (E) and the experimental group (E). The control group (C) was divided into two subgroups: the control group (C) and the control group (C). The experimental group (E) was divided into two subgroups: the experimental group (E) and the experimental group (E).



Don Howard left Apple during the year.

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EXERCISE TWO

Leg Raise Dips

Entire Upper Body

Adopt the position shown in Illustration 2a. Slowly bend the arms to allow your head to touch the floor as illustrated in (2b). Push up and return to original position. Repeat for 8-12 repetitions.

Warning Make sure that you do not swing your torso too quickly. You might hit your head with a thump.



illus (2a)



illus 2b

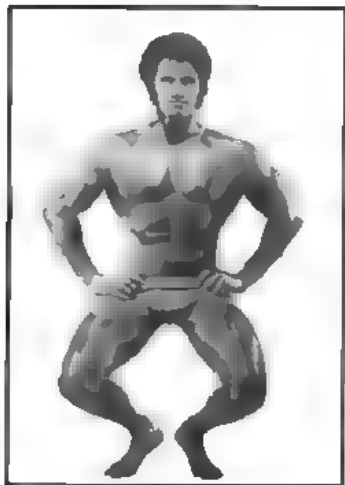


FIGURE 13

EXERCISE THREE

Hercules II "Knees Out" Squat
(Thighs, hips, calves)

Hands on hips. Heels together, toes pointed outwards. Lower into a squatting position until your thighs are parallel to the floor. Raise and repeat.

Important

You must make a determined effort to lean backwards during this exercise, yet at the same time keeping the hips forward. This is an excellent exercise for not only building and defining the thighs but it will also help to firm up and turn the hips.

EXERCISE FOUR

Reverse Chair Dips
(Upper body and arms)

You have done this one before. Adopt the stance as shown in illustration 14. Now lower your body as deeply as you can by bending the arms. Push up and lock elbows. Lower and repeat. 12-15 repetitions.



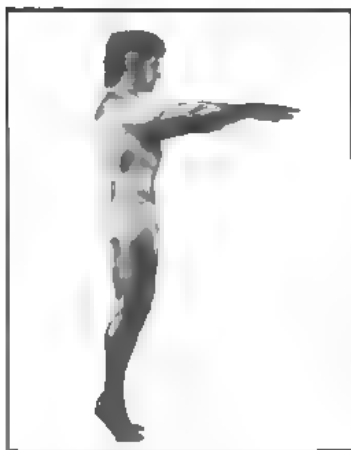
FIGURE 14

EXERCISE FIVE

Calf Raise

1 Lower leg

Stand as in illustration (6). Raise your heels as high as you can and lower legs in this heel raising movement quickly for up to fifty repetitions. Remember to lift the heels as high as possible to obtain maximum height. Stretch arms out in front to help balance. You may hold onto the back of a chair if you wish.



EXERCISE SIX

Hercules Midsection Twists

Abdominals

Here is a real Mr. Universe secret:

When you twist your body, you burn up to 100 calories.

Twisting is a great way to burn fat and build muscle.

Twisting is a great way to burn fat and build muscle.

Twisting is a great way to burn fat and build muscle.

When performing this standing position, gently twist your body so that your right arm is pointing directly in front of you. You will feel a slight pull in your midsection. Now twist back again until the left arm is pointing forwards and the right arm is pointing back. Try to keep hips facing forwards throughout the entire exercise.

Continue for 60-100 repetitions.

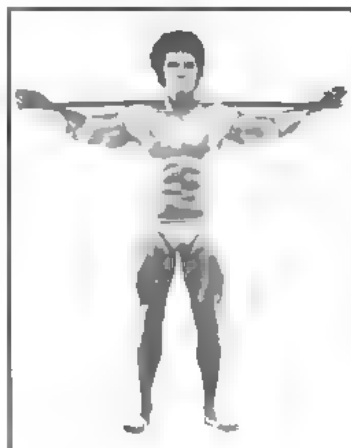


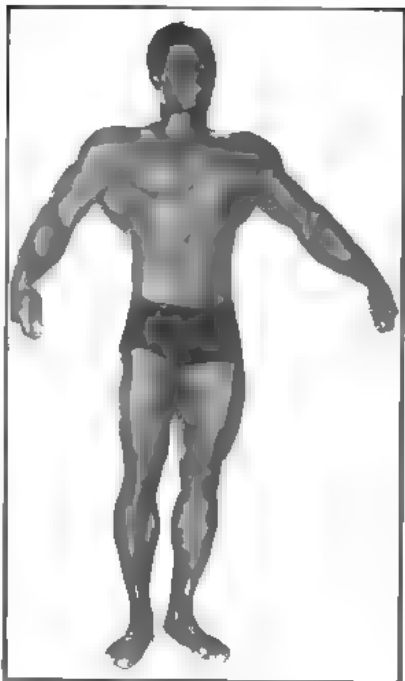
Illustration 16

This is a photograph of fabulous Paul Wynter. He is a Mr. Universe winner. There is no doubt that he possesses one of the most proportionate bodies in the world. His muscles were helped

by a special diet and a special protein supplement.

Paul Wynter's advice to any normal male who wants to shape up fast. Whether you are teeny, bald or thin, you big or fat so young, following the principles of the Hercules Muscle can bring your body up to peak power and muscle.

Whether you want to gain or lose weight, supplement your diet with a special protein supplement to help your progress. Then you may be sure of your future big and muscular.



CAN YOU INCREASE YOUR POSTURAL STANDING HEIGHT?

Of course a tall person is going to have more legs. Many people wonder what the maximum height is for a very tall person. The answer we give to any short and stoutly postured man is YES you are suffering from less than perfect posture you can certainly stand taller. Improvement is possible. The answer we give to any short and poorly postured man is YES you are suffering from less than perfect posture you can certainly STAND TALLER just by learning to stand at your full height potential with perfect posture.

This program shows how you can do virtually everything possible to bring you to your full height potential. Perform exercises three times a week AFTER your regular HERCULES 1 bodybuilding movements.

Now take a look at your spine for a moment. It is a. As you look down the spine you will notice that it has three curves: a forward bend at the neck, a backward bend in the middle, and another forward curve in the lower back. These spinal curves developed millions of years ago when man first stood upright during the evolutionary process. Now as we grow older the weight of our heads (about 1/8 of your total body weight) increases and tends to increase the CERVICAL or neck curve making it more forward than they were originally and deeper than necessary.



The deepening of the spine curves causes one to be shorter than one should be. Never forget THERE IS A GREAT FLEXIBILITY TO THE HUMAN BODY.

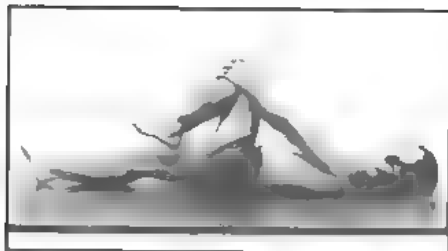
Now on to the first six exercises. As a challenge force yourself to reach at least a number of repetitions (as indicated) every time you exercise. If you cannot do more, make it easy. In time you will be able to perform all the exercises without fatigue. But never overdo you will get out of condition in a period.

Here are the movements to perform them in the order shown. They are specifically designed to attack the areas of the body where nature has set extra motion. Between the vertebrae of the back and neck to benefit the thoracic. The many areas of the legs and hips tend to straighten your spine to add extra length and overall posture improvement.

We should add here that the U.S. Postal Department in Washington has ruled that only minimum height is used as a basis for mail delivery. This is not a good rule. A person who is short and stoutly postured will not be able to deliver mail. We can increase your height greatly. Yes, if you follow this advice you can get the program.

Movement No. 1

Lumbar Exercises



Lie flat on back. Clasp hands firmly below right knee, pull toward chest. Hold for slow count of 10. Repeat with left leg, then yet another leg, and so on. Continue until you are comfortable with performing this movement. Do not point your toes during exercise.

Continue until you feel you are comfortably tired. About a minute should be adequate. Relax and stretch the spine, also slightly the abdominal muscles.

Movement No. 2

A Simple Movement

Probably one of the best practical ways of increasing your straightness is to perform the following stretching movement. Obtain a pile of newspapers which allow you (when standing on them) heels flat on the ground) to barely touch the ceiling when the body is fully stretched with arms above the head, reaching up. Perform this daily, stretching upwards touching the ceiling with the finger tips and each day remove one newspaper. The principle is that one is forced on a progressive basis, to reach for that added stretch. This one simple exercise has been responsible for increasing the postural stance of many individuals. Another practice that one should do daily is hanging from a horizontal bar. Do this until you feel a significant stretching throughout the body, or until the knuckles tire. A further recreation which contributes to giving you added stretch and suppleness is basketball throwing. Practice this at any opportunity. This exercise loosens the entire spine and shoulders.

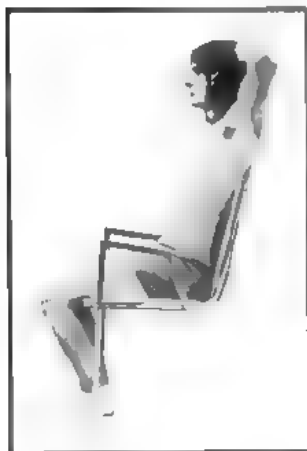
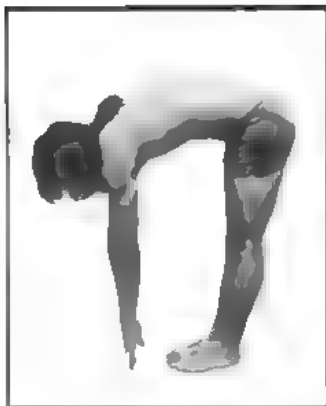


Movement No. 3

Toe-Touching

Perform as illustrated from 10-30 reps. The exercise helps stretch the muscles of the back and of the spine. A great contributor to postural improvement. As you loosen up, really reach out this exercise. You will find that the hand stands at the back of you, that even the right at first is fine, these may lengthen up very fast.

This exercise mobilises the spine, also slightly the abdominal muscles, and stretches the quadriceps.



Movement No. 4

Cervical Exercise

Clasp hands behind head, elbows perpendicular to nose, lower chin and slowly push head against extended hands, hold, release gradually.

This movement mobilises the upper spine, also the neck, and the shoulders.

Movement No. 5

Alternating Toe Touching

Bend smartly forward and touch left toe with right hand. Return to upright position and touch right toe with left hand. Repeat 10-30 times, depending on condition.

Mobilizes the spine, also slightly, the external oblique abdominal muscles, hamstring tendons and shoulder girdle region.

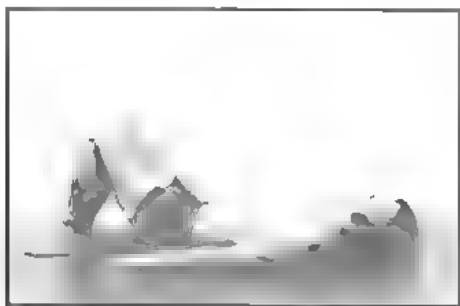


Movement No. 6

The Pelvic Tip

Lie on your back, knees bent, feet flat on the floor. Press the weight of the pelvis down onto the floor. Lift the pelvis up and down in a slow circular motion. Repeat 10-30 times.

Helps to fully express spinal curvature. Straightens lumbar region.

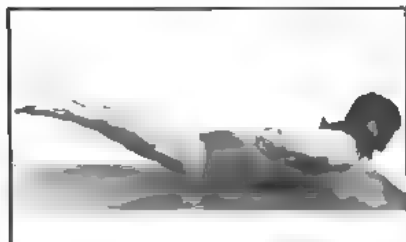


Movement No. 7

Bar Hanging

Grab onto the Bar for Door Levers.
Place your feet on the top of a sturdy stool (for hand down) and simply hang for as long as you can reasonably hold on. This is a tough exercise for some and although a great addition to a workout routine, it is not for everyone. If it can be all out if you wish. A door is not the most comfortable thing to hang from. Many people manage to find a pipe or a horizontal bar in the gym or at home. If you are in a gym, ask the staff for help. A lot of people simply grab onto the bar and hang on for as long as they can. It is a great way to test your endurance and strength.

Stretches entire upper body



Movement No. 8

Dorsal Raise

Lie on your stomach with your forehead touching the floor. Clasp hands behind your head and lift your head up as high as possible. Lower gradually and repeat 10-15 times.

Strengthens lumbar region and acts toward rectifying spinal malfunctions caused by faulty posture

Movement No. 9

Head Rolling

[illegible][illegible]

Impulse is ten each way. Not bad. Do it
 ten times.

† χ^2 = 10.65, df = 1, p = 0.001.

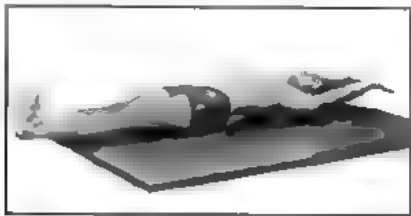


May 10 10

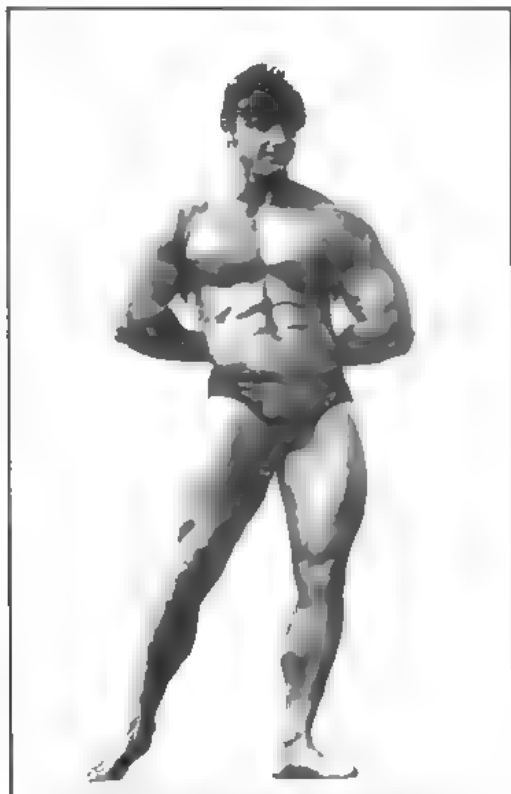
Lying Foot and Head Rise

[illegible]

Tip: If you don't retches the copy will be lost. It will be lost. It will be lost.



This concludes the exercise routine for stimulating Prohormone release but as important as it is, do remember to stretch your muscles properly after each exercise. More facts on height will be given on the next page.



Prohormone release is not a magic pill. It is a process that takes time and effort. HARE AND EATS PIENY is a book that will help you understand the process and how to achieve your goals.

MORE HINTS ON HEIGHT

There are at least six aspects of posture that are special considerations in your work as a physical therapist and your full postural potential.

We will now spend a little time discussing some of these aspects in greater detail. This will take the form of a general HEIGHT PLAN, which we advise you to read carefully and follow.

Remember, nothing worthwhile comes easy. If you present stature is less than desirable, if you work hard on the basis of instruction, you are bound to obtain a more improved posture.

Of course the most visual reminder that increase of height can be brought about is evidenced by the Burmese women of the Paduang tribe. Brass rings are placed around their necks, which pull down the neck, thus stretching the neck. Burmese is usually only about 4' 10" tall, but by the use of these brass rings, they stretch about 1" artificially.

This is the only custom which is still practiced today in Burma. Some have proposed that the vertebrae of the spinal column can be lengthened. Actually, Burmese women lengthen the bones of the neck some 1" to 2" in this manner. If the entire spinal cord were lengthened, the entire height of the body would be increased.



women would actually increase their overall height by 3.11 or more! Some of them would be almost 9' tall. Unlike the Burmese method, this posture program is designed to stretch your body without pulling on any one part nearly wild suaver. We bring the matter of the Paduang women to your attention only to illustrate that the vertebrae of the spine are flexible which would give weight to

the argument that the three natural curves of the spinal column can be so significantly increased as to give an overall improvement in the poorly tall, elderly woman.

Our exercise principles are not only recognized by patients all over the world, but they are also highly effective. If they are a positive aid to general health and physical well-being.

HEIGHT AND HORMONES

About Drugs

There is a relatively new hormone drug available through the ordinary medical channels which can help increase height in women. It is HGH (Human Growth Hormone) given to those people who have malfunctioning pituitary glands. The pituitary gland will not produce GH unless it is adequately stimulated by the brain. Once it is stimulated, it secretes the growth hormone which causes the pituitary gland to secrete GH. GH is considered impossible. Of course many of these short people are quite normal sexual people. They live a normal, healthy life throughout their life. Many people treated with HGH drug grow at six times the usual rate. Some at a rate height increase of 10 inches in six months, it should be mentioned that the average height increase is a very good growth rate. For example, five inches in six months. Growth hormone will make a pituitary gland produce GH as the changes of pituitary gland take place and over a long period of time, the gland will produce GH normally again after growth. An individual may be 10 to 20% of the normal height respond favorably to HGH.

The activity of growth hormone activity is ascending and complex. Not only is it an effective stimulant of the basic metabolism which has already been well demonstrated by its use in treatment of dwarfism, but also completely deficiency in it is also an important factor in carbohydrate, protein and fat metabolism. It appears to have significant interactions with other hormones in the body. One may be tempted to think that a deficiency of growth hormone when full growth has been reached, but in the normaly, the hormone is secreted in a pulsatile manner. The Pituitary gland has some relationship to physical activity, exercise, and stress. It is not as of the hormone appearing in the blood.

- You will find you are well below average height. You may well be normal physically, but shorter than the average.
- Some signs of growth hormone deficiency, due perhaps to a minor pituitary deficiency.

The recommended procedure would be to submit yourself to a specialist known as an Endocrinologist. X-ray of the pituitary gland, or the pituitary gland is a fairly accurate abnormality might be indicated. Your family doctor can refer you to such a specialist.

But we must not to say anything as a treatment for people with malfunctioning pituitary glands.

Height and Heredity

There is no doubt that it is knowledge of the nature of heredity, however it is more than likely that the secret of a skeleton which is the basis of a human body is to be found in the genes. The genes are the basic units of heredity. The genes have to be all in order for you to reach a good height. A very high short

parents often do have their offspring? One may be the hereditary shortness which runs in the family. Quite often the inheritance transmits characteristics concerned with height, such as the number of genes involved. Consequently, though height certainly traits should be inherited, it is quite possible for short parents to have tall offspring. Accordingly, since the average person is a healthy individual of a height and size (and of course, there is no way of telling which one's influence will become dominant in a particular conception), it can be readily understood that one may grow to a most any size without invalidating heredity as a factor in stature.

Having short parents does not guarantee that you yourself will necessarily be short. But the young person who has a desire to become more upright, with better posture should always make it a point to do none of the things that may inhibit growth, and conversely do all the things that favor the development of any hereditary tendency he may possess to stand upright.

Accordingly, one need not feel doomed to deal with shortness and poor stature just because your immediate relatives are of such stature. Your ancestry may help or hinder your potential height, but it is not your current writing and thus you can act positively to avoid any way you can to inherit it for it is as inheritable as D. If it is Duesenberg's model, American for Buick, or it is this tree only, then that helpfully inheritable inheritance of a person's stature is that which is a very difficult thing to modify or more important than this, it is a principle that such a thing as an inheritance can be influenced beneficially by taking positive steps towards reaching that target.

Your Thyroid Gland

Dr. Stucke, of Cornell University Medical College says: "The thyroid is essential for growth from puberty through to maturity. Very probably, the thyroid is not alone in its control of many of the body's functions, and so may growth rate, but the point of primary importance is that the thyroid is the primary tendency to control the rate of oxidation, and therefore growth rate in the individual. An active thyroid gland is fast growing, and a weak, underactive gland is slow growing, and finally, a gland that is inactive is not growing at all."

In other words, the thyroid gland is mainly responsible in upward growth and height, and broader development.

Assuming that you are poorly postured at this moment, then you can benefit measurably by following the recommendations and exercise plan set out. As long as you are a normal person, we feel we can help you 100% if you should have any organic problem or anything physically wrong with you, we advise you to consult your physician and get his okay before you start this plan.

As you will notice, our plan consists of "steps" which you should take to contribute your utmost. involve as much as you possibly. Pay attention, create a feverish enthusiasm and you can be considered that you will be doing virtually everything in your power to increase stature and perfect your posture.

STEP ONE

Food and Height

In Africa the Masai use of natives lives roughly in the same areas as the pygmies. Their lives differ in height may be at least 100 lbs. First the Masai live in the open air at exposure to all that is in sunshine. See Step 7. The pygmies live in the jungle where there is a lot of shade and rain. But the difference between the Masai who average 5' 10" and the pygmies who average 4' 10" is their diet. The Masai nourish their bodies with fresh food which they derive from their cattle. On the other hand the pygmy tribe eats only roots and other non-starchy vegetable matter. It is also a fact suggested by the pygmies' lack of milk teeth that they do not get enough calcium from their diet. The food of both groups are not in good quality but the quality of the Masai food is largely protein, whereas the vegetable matter the pygmies eat contains very little protein. So, it takes protein foods very much food more available than calcium for the pygmies to get the same milk and dairy protein deficiency in the adolescent or adult growth.

Protein is the Protein - growth. It is essential for muscle and bones and Protein is the main cause of all animal growth. If you are not getting enough protein, you will not be able to get enough protein every day. Some people do this by eating too much meat, but this is not a healthy way to get protein. A good way to get protein is to eat a diet that is rich in protein, such as a diet that is rich in meat, fish, and eggs, etc. Protein is found in all of the food that we eat, but it is not always in the same amount. Meat, such as beef, is a good source of protein.

In addition to protein you should also make sure that you are getting an adequate supply of vitamins. A good vitamin mineral table can help you find out what you need to eat. The vitamins and minerals from plants that make these are the vitamins you have a wide choice. A diet that is rich in protein, such as a diet that is rich in meat, fish, and eggs, etc. The importance of a diet that is rich in protein, such as a diet that is rich in meat, fish, and eggs, etc.

As well as iodine there are nine other inorganic or mineral elements that are essential for the body. Most in relatively small amounts, it grows to its normal size. These nine elements are iodine, sodium, sulfur, calcium, phosphorus, chlorine, sulfur, iron, and copper. If you are not getting enough of these, you will not be able to grow. The elements that we need to make sure we are getting enough of are iodine, sodium, sulfur, iron, and copper. The elements that we need to be found in sufficient quantity in a normal diet are iodine, sodium, sulfur, iron, and copper. All these elements, however, are necessary to allow the body to grow to its normal size.

A person concerned with normal growth should pay attention to the following: eat plenty of fruits and eat plenty of leafy green vegetables. Should you be lacking in the intake of leafy green vegetables, eat plenty of eggs, liver, spinach and other green vegetables. If you have been missing one of these, you should show concern. If you are or if you would like to know what or where your body is lacking, you should be aware of iron.

Which Vitamins?

Ingredients with a die system

bones can easily be distorted. Vitamin D deficiency can lead to rickets.

The minimum daily requirement of this vitamin is 2 milligrams.

For a 1000 A resistor, the power dissipation is $1000 \times 1000 \times 10^{-3} = 1000 \text{ W}$. The maximum daily requirement is 4000 J S P units.

1. If you're not sure about whether you are getting sufficient amounts for normal growth, then a simple blood test done on your hair can tell you just how good your diet is. Give your physician a call at 1-800-368-7237 for more information. Or, if you're not sure, call 1-800-368-7237 for more information. You can also obtain a "Your Own Health Food Store, Chemist or Druggist."

STEP TWO

Sleep:

[illegible]

If you wish to be most certain to have a good night's sleep, try the following tips. They may be invaluable to you as you have them suggested by Dr. H. J. Zeigler, and you won't find as high as you did. When you have a good night's sleep, you'll be able to sleep on your stomach, and you'll be able to relax.

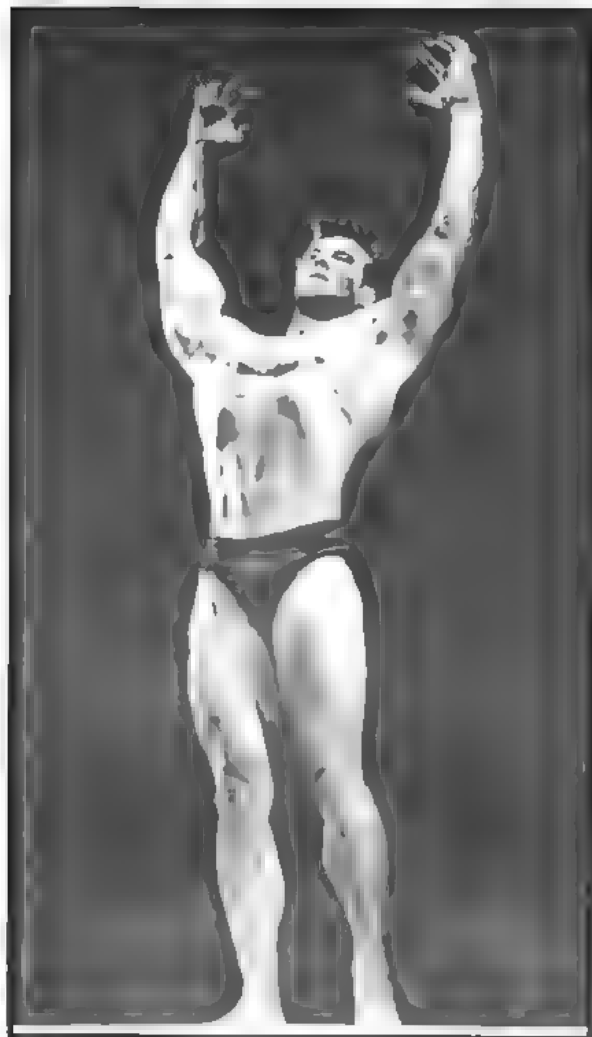
Well, never possible during the day check your height with any fixed object. A nice tip is not to close any thing in your home and for that matter. As time passes during the time you are following the course you will notice that these objects are not so high any more than you ARE standing taller. You just didn't know it.

Weak, girl! And in the words of the song, you will look like water in the eye

[illegible]

T: nah, just if it is as good as it is, why do you have to strip out all faces to look you up? I've





*STEVE REEVES SHOWS THE KIND OF SUPERB PHYSIQUE THAT IS
BUILT FROM DEDICATION TO REGULAR SCIENTIFIC TRAINING*

HERCULES II

(Apollo - Power - One)



lesson **11**

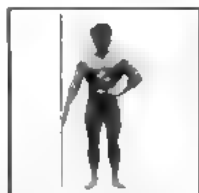
lesson **12**

LESSON ELEVEN

Hi-o there!

For this lesson, you are to continue last week's routine. Do all daily exercises of upper limbs as you can without involving undue strain. Do all daily exercises of legs as you can without involving undue strain. Do all daily exercises of trunk as you can without involving undue strain. Do all daily exercises of arms as you can without involving undue strain. Do all daily exercises of legs as you can without involving undue strain. Do all daily exercises of trunk as you can without involving undue strain. Do all daily exercises of arms as you can without involving undue strain.

Your routine this week then is



Lateral Raise 4 x 10



Leg Raise Dips



Hercules Knees Or Squat



Reverse Chair Dips



Calf Raise



Hercules Midsection Twists

B. $\forall x \exists y (x \neq y \rightarrow \exists z (x \neq z \wedge y \neq z) \rightarrow \exists w (x \neq w \wedge y \neq w \wedge z \neq w))$ is true in \mathcal{F}_3 and false in \mathcal{F}_2 .

B. On not too hot days, wind can prevent tanning. On extra hot days, wind can temper the sun and decrease the tanning process.



Strength Athletes

[illegible]

George F. Jurek and Mercedes Canaja, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 2681, 2682, 2683, 2684, 2685, 2686, 2687, 2688, 2689, 2690, 26

Charles van Sant said he placed a bottle of champagne in the trunk of his car to celebrate the purchase of a thousand shares. "I thought the world was a ways wrapped in thick, grey clouds, and so I felt like I was spraying glass fragments all over it. I thought about a bottle of champagne being thrown around."

Reg Park can fit the front end of a standard London tax cab.

For the professor, it was better to stay at 500 kg than the 1,000 kg he had

For 7 days from 10 South Africa can find us cars, our stay will be around 10 days.

Older Heronys could be as big as 800 pounds (360 kg) and as long as 10 feet (3 m). Elephants?

Met Robson could blow up and so a standard rubber bag water pump. The rubber bag was used to

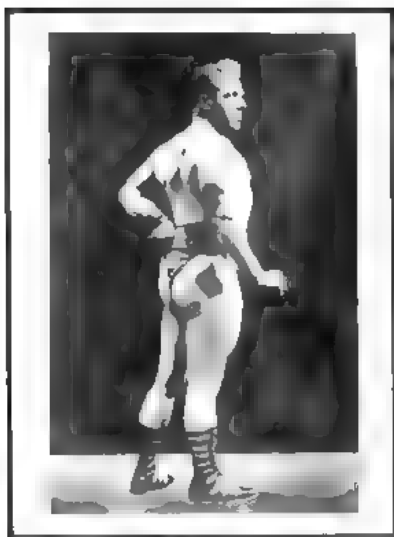
Charles Atlas could actually pull huge train carriages along a level track.

But the chief Australian can punch grip on Zick rollers and the "himself" we're having 70 offset from him, not hanging from his waist.

Jack LaLanne performed 1025 floor dips in 25 minutes.

Phil Anderson squatted each night with 900 lbs on his back, the weight was made up of 300 lbs total \$ to \$100.00. Anyone who could demonstrate a feat could have the money and the sales.

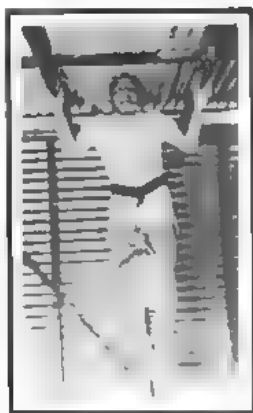
We who do you consider the strangest?



George F. Lowe with great horned owl



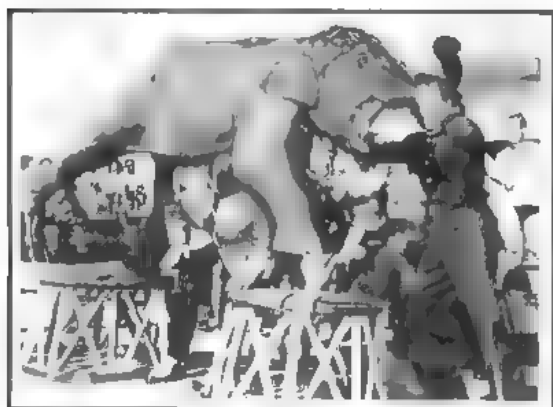
Mr. Rufus with great horned owl



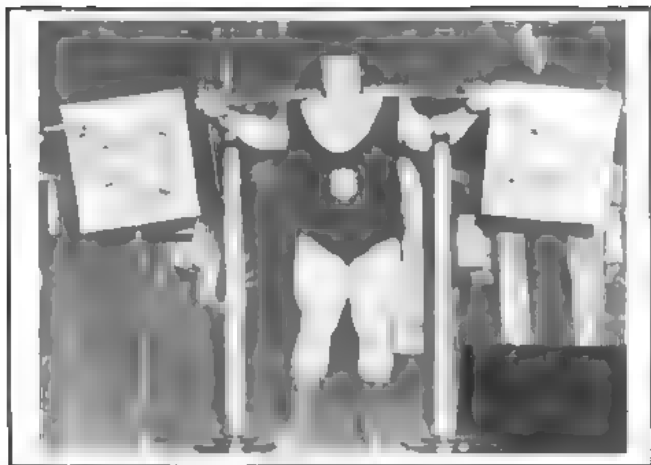
Mr. F. C. Smith with great horned owl



Mr. J. H. Hays, Jr. standing next to his car.



Mr. J. H. Hays, Jr. standing next to his car.



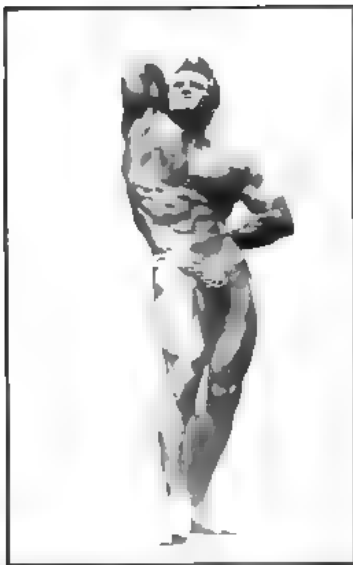
Paul Anderson adjusting with 514,000.00 weighing 300 lbs.



Paul Anderson lifting 514,000.00 with 300 lbs.



Paul Anderson lifting 514,000.00 with 300 lbs.



Vince Girardi at the age of 50 looks in better shape than you following half his age. That's what regular exercise can do for you.

Water and Your Body

Before we end this lesson we should like you to recognize the tremendously important value of pure drinking water.

It is a good idea to get involved in the regular drinking of pure water as much as 8 glasses a day. Water is the universal solvent. It helps to flush out the impurities of the body, washing the waste from the stomach and ultimately cleansing the kidneys.

Do not drink excessively at meal times. An occasional sip at this time is enough. Always avoid gulping down water, especially when hot. Sip it slowly, mixing it with the saliva of the mouth. Also, do not drink ice cold water. It can shock the stomach and cause havoc with your digestive process. Always have a glass of pure water handy on your desk at work, etc. It can do you nothing but good.

Be prepared for Lesson No. 12. It is tough. And we show you how to perform impressive strength feats of your own. So train hard and **C O-N-C E N-T R A-T E!**

LESSON TWELVE

This is your final schedule of Hercules exercises. There is one thing above all others that we would recommend to you as a successful muscleman and physique star. It is that you train regularly. Have you trained regularly? Did you skip workouts? If you did then you will not have made the same progress as you might have if you had maintained your regular three-times weekly training.

On the other hand if you trained exactly as we said down, if you followed our musclebuilding advice to the letter, then you will have made tremendous progress. But in order to have made this progress you will have to sacrifice a little of your privacy. You will have no adequate sleep, and eat, and you will have consumed more P. P. C. T. E. In other words, you will have to sacrifice your privacy. You cannot make musclebuilding progress without an adequate supply of food, your body's needs.

And so we come to your last week's Hercules program. It's a toughie. You are going to sweat this week. Your muscles are going to cry out for mercy. But you are going to come through a winner.

Try 20-25 sets of each exercise for your last workout. Build up to performing 4 sets of each, doing as many repetitions of each exercise as is possible without strain.

EXERCISE ONE

Handstand Pressups

(Shoulder, chest and arms)

Place your hands about 33 inches from a wall and kick up into a handstand. Once in this position you may open your legs. If you wish to may help your balance.

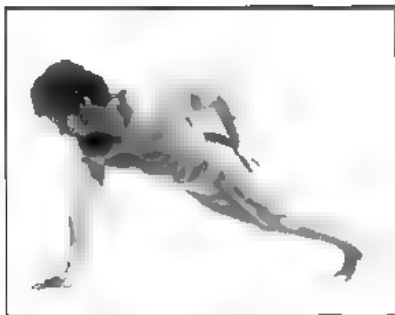
The exercise is to dip slowly, in case you might flatten your nose, until your face almost touches the floor. Then return to the handstand properly by straightening the arms. Repeat for as many repetitions as you can do without strain. Warning: If you lack the strength to lower yourself completely then simply perform the exercise by lowering your body halfway (or even less). Gradually you will get strong enough to perform this exercise the correct way easily.



(Mus. 1)

EXERCISE TWO

Single-arm Floor Dip (arms and chest)



(illus 2)

Support yourself on the floor dip position as you lean with your right hand only. Your left arm will be resting on your back to support itself. By bending your right arm, lower in on the dip and push back up to the original position. Work each arm separately. Or, raise when the other arm is extended. The right hand will be holding the back of the right thigh. 1 to 15 repetitions. (Legs can be either wide apart or together.)

EXERCISE THREE

Reverse Chair Dips (chest, arms, shoulders, back)

Adjust a wooden chair over the exercise mat. Lower and raise yourself slowly by bending the arms fully and returning to the original position. Repeat until comfortably tired. 10 to 25 repetitions.



(illus 3)

EXERCISE FOUR

Single Leg Squat

(thighs)

Stand on a bench or chair with one foot. Squat down slowly on that one leg and return to a starting position. Use arms for balance. Don't forget to work each leg. Anything from 5–20 repetitions (Illustration 4)



illus. 4

EXERCISE FIVE

Chair Forearm Pressups

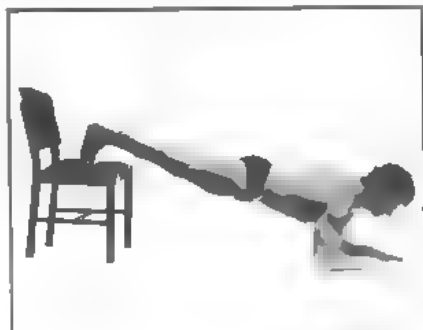
(arms)

Correct position shown in illustration 5. Press up onto the arms, pull straight, lower and repeat.

When there is difficulty adjusting, started in this exercise, then rock your body forward at the bottom to obtain a full movement.

Alternatively you might find it easier to start the exercise with straight arms and then sequentially you can lower forearms to the floor quickly and bounce back into the straight arm position.

Repeat for up to 20 repetitions



illus 5)

EXERCISE SIX

Doorway Pulls

(back)

(a) Hold onto door handles of a sturdy door as illustrated (illus. 6)

(b) Pull hard on the handles with both hands so that the strain felt on the large upper back muscles starts

(c) Perform up to 15 pulls each side



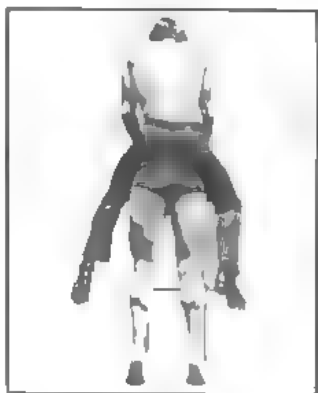
(illus. 6)

EXERCISE SEVEN

Donkey Calf Raise

(lower legs)

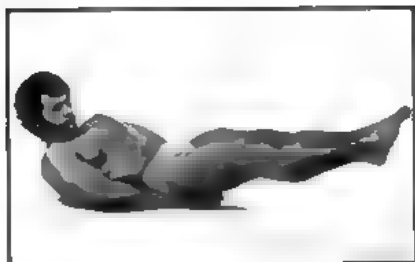
Adopt a position as shown in illustration 7. Your body is bent over parallel to the floor. Hands supported on a bench or stool. Have a partner sit on your lower back to add resistance. The exercise is to raise the heels up and down (as high as possible) so that the calf muscles are worked strongly. If you find 20 repetitions easy, then place the toes on a couple of thick books so that the calf obtains a greater stretch when the heels are lowered.



(illus. 7)

EXERCISE EIGHT

Leg Raise
Twist,

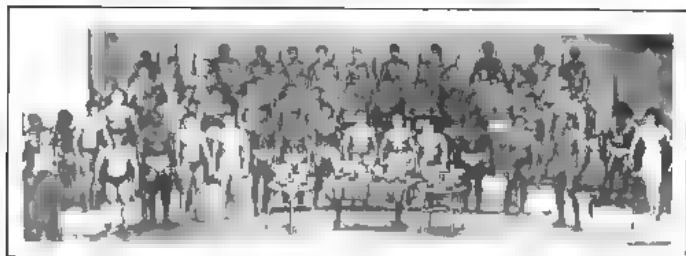


6 Mus. B.

Lie on the floor with hands tucked underneath seat. Raise feet from floor slowly. Lower and repeat. Aim to hold up to 30 repetitions.



Another fantastic shot of a perfectly proportioned Mr. Universe Paul Wylie



Here's the impressive line-up at the annual MRSA Mr. Universe Contest held in London, England each year.

PHYSIQUE CONTESTS

Regardless of your age you may enter Physique Contests. Needless to say you must have a good physique. Until this year, so there are plenty of novice contests held regularly for those beginners who just have huge muscles as yet.

It's a good idea to be a spectator at a couple of bodybuilding contests. In this way you will get an idea of what is expected of you and you will be better prepared when it comes to your own physique contest. Most physique contests are usually sponsored by your local Y.M.C.A. Contests are mentioned periodically in the magazine "MUSCULAR DEVELOPMENT" as well as a directory of contests each month. So stay tuned and you should be able to tell where and when bodybuilding shows come to your area.

If you enjoy competing in contests then you will find added incentive for training. You will have extra motivation and drive. Naturally with a contest in mind you are going to train a lot harder so that you are in peak condition for that big day.

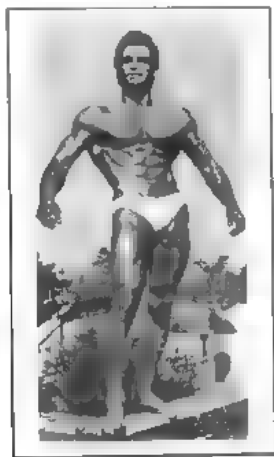
Usually there is not much difference in the way you train as the contest gets closer. There is more intense variation in food. Generally speaking you will be on a fairly high carbohydrate diet with a lot of meat, vegetables, bread, milk, eggs, fish, fruits, potatoes, etc.

However, unless you have sharply defined muscles yet and you are going through a dieting phase, you should not change your eating habits as close as contest day approaches. Eat more, more protein, as the same time, reduce your carbohydrate intake a bit. During the last month or so of training you should cut out any fatty, hard-to-digest pastes, breads, cakes, cookies, etc., etc. Even milk should be reduced and even fatty fish should be reducing the last two weeks or so. Eat more of lean meats, fish, eggs, cottage cheese, sunflower seeds, poultry and light salads.

During the past 4 weeks I am bodybuilding six days a week with the help of my gym mates. Many of them are easier on training to handle but they are working out with me daily to test themselves. I know that training can be very tiring and the bodybuilders can keep up the "Contest Pace" very long.

It is still a fact that the vast majority of bodybuilders today train only three times a week with at least a full day's rest between sessions.

When you enter a Physique Contest you are usually expected to present 6-8 poses in front of a Physique Committee. It is then the job of the judge who has the most eyes to pick the best and when you know it is the guy who gets the judges nod. Best of luck.



Since physique veteran Grunda has won several physique contests, he has a fantastically proportionate body.

Grunda is considered one of the greatest contest prepping athletes in the world. He runs a very successful gym on Ventura Boulevard in the Los Angeles, California.

FIRM UP YOUR FACE



But when you use the exercise regularly, a well-cared-for face should be

The face mirrors our emotion and conveys our thoughts and makes people like or dislike us according to the way we use it. Since your face is composed of muscles, skin and nerves, just like the rest of your body, has it ever occurred to you that by giving a little exercise to it that it too can become firmer, fuller and more handsome?

Your face is the most important part of your anatomy. It is the thing that people judge you by. It is the key to your play. By far, the largest part of our lives is spent fully clothed and friends and strangers judge us by what they see—the face.

The face mirrors our emotions and conveys our thoughts. When you go for a job or have an important business interview, your face is under close observation and your capabilities and character are largely judged by what your face reflects. And the chances are that your young girl over your face will play a large part in the operation. So let's give the face a little care!



LEFT Start puckering the lips as though to whistle. Tuck in the cheeks and draw the mouth corners up to the eyes as though trying to touch an object a few inches in front of the face. At the same time close the eyes, pulling the muscles toward the mouth and continue to pucker the lips and force them far forward. Hold this contract on intensely for a few seconds.

RIGHT Now relax and go immediately into the opposite extreme. Pull the mouth corners down and open the face as wide as possible.



What is the important exercise for the face? The muscles are the key to the face. Now we must exercise the face by holding the opposite situation outward away from the mouth. The next time the lips are motionless and pull the muscles outward with a your might. Hold this contraction, then go back to the inward movement and the face will relax.



At left and right we illustrate a chin builder which also benefits the mouth, making it more expressive. Keeping the teeth closed tight, force the chin muscle downward with all your willpower and hold it there, as in photo at left. Keep the upper part of the face relaxed. Now force the chin muscle upward as in photo at right and hold. After you have learned to control this movement, try a brisker routine. Do four very slowly then eight fast, and so on. In several moments your chin will ache from the effort and soon you will see a marked improvement in the size and contour of your chin. A strong chin improves any man's face. This exercise will help you make the most of yours.



We know that when we exercise the part of the body that particularly upsets or annoys us, rather than that which we must follow a general exercise program that does not require any one part of the body to attain a particular form.

But how about the eyes?

The happy truth of the matter is that by a little facial exercise on the face itself, you are getting the eyes, mouth and handsome wrinkles into old age. Exercise will do what nature has intended it would do. About half a century ago we discovered a matter of muscle as tone and an augmented circulation of the blood.

While the bone structure of the skull has a lot to do with the shape of the face, we can also change the actual bone itself by compressing the skin layers, muscles which can be readily changed and improved in size and shape. The skin and muscles can be changed and improved. The chin can be made larger, fuller and firmer in appearance, the jaw line can be made straighter and more firm, the lips can be much improved in shape and deep from nose to mouth and out to the corners. The eyes can be better defined and aged.

At least to some extent.

Facial exercise may greatly improve the complexion and give the skin a look as if all the aged spots had been wiped off. We should remember that good skin is just as alluring as a beautiful face. Anybody who has had a good nose up look at Steve Reeves will agree with me when I say that he is the most beautiful specimen of man in making up the perfect Mr. America just picture Steve with bad skin and his high pedestal on which we have placed him begins to totter a little.

The expression of the eyes comes from the soul, revealing the clarity of our apprehensions. We can go as far as to say a subject may go into here. But the mouth is equally expressive and can be improved in shape and its expressions brought under control by judicious exercise. The mouth is a large circular muscle with a hole in the middle like a doughnut. It is very flexible stretching to an opening the size of an orange and contracting to the size of a pea. When this muscle is well exercised the lips become soft and very expressive in conversation. When not cared for the mouth muscle will show every hint of strain and nervous tension. The body is subjected to. The lips will be tight and colorless and there may be little lines running from the nose to the corners of the mouth.

The muscles around the eyes also respond in exercise, as do the forehead, cheeks and chin. The muscles around the eyes are closely connected with the nervous system, and since the skin is very thin the nervous reaction brought on by strain, worry, loss of sleep etc. is very severe. Tired nerves eat up fatty tissues and when we dissipate it is this loss of fat under the thin skin around the eyes that makes those red white hollows, dark circles and bags. Facial exercise may help control this loss of fatty tissue. You can't fully the appearance of young eyes, and of course you will find the difference is due largely to the fat layer of flesh under the skin in youth and the lack of it in the aged. You can't prevent this layer of flesh by exercise and augmented circulation and help keep your eyes young looking.

The chin is also a muscle and can be made larger and handsomer by exercise. Of course the jaw bone has a great deal to do with the size of your chin, and if the bone is small and receding you will never be able to develop a full strong chin. But I have seen remarkable improvement in the face brought about by developing the chin muscle to greater size and prominence.

The first two photos illustrate an exercise that is wonderful for developing the round, intense expression of the same time exercises the entire face if you do it properly. It will help to pull the brows around the eyes and keep the firm fullness of youth in the cheeks. The second two photos illustrate some other work that also benefits the mouth and neck.

So don't just aim to build the muscles of your body. Give your face a chance.

YOU CAN TEAR A TELEPHONE BOOK APART WITH YOUR BARE HANDS

Put those muscles of yours to work. Teach them how to tear a telephone book apart with your bare hands. It's easy if you know how and you don't have to be a superman to do it either.



There are few stunts that are more impressive than ripping a large telephone book apart with your bare hands. This feat takes a combination of strength and know-how. Especially important is strong gripping power in the fingers and thumbs. However, if you don't know how to go about doing it, it's just all the strength in the world won't do you much good.

Bodybuilders already have strong gripping power because of all the grip building exercises they do. The **HERCULES** is course will give you the basic strength needed, but squeezing old tennis balls with your fingertips is also a terrific exercise. Just grab one, read it out loud, and squeeze away for all you are worth.

Correct Method For Tearing Telephone Book

There is no better way of learning how to tear a telephone book apart than by watching someone perform the stunt.

Stand erect with your right foot in front of your left. You may have your left foot flat if you wish, or you may raise this way. Grasp the telephone book with the edge with both hands, holding it with your thumbs hooked under the edge of the book. Your thumbs should be on top of the book, spreading it, and pointing back toward your body. The tips of your thumbs should be about an inch apart and your hands should be fairly wide apart. Rest the telephone book on your right thigh with the fore-edge pressed against your waist.

Now grip the edge of the book strongly and apply your strength. Push down with your right hand and pull up with your left hand. At the same time twist the phone book a little so that the corners are out. Be sure to turn the fore-edges apart so they don't rub against each other and screw down your cutting action. Your thumbs play an important part in this "tearing apart" action.



When tearing it is strength that is advisable to start with a small telephone book and gradually use bigger ones as you become more proficient. You have trouble with this stunt after you grip a book in excessment with various degrees of twist and bend until you get the hang of this trick. At all times, be keenly alert to your own wrists and fingers, especially in case you don't have strength yet and suffer from the usual sensational feat. This way it should be done.

Once you have mastered the trick in private you should lose no time performing it at some social gathering because a crowd will serve as an aid to your strength. Warm up a little before you do it. Then let it be slowmans' pace at first. Take a few pulls without making a tear in the telephone book. Then take a deep breath and a firm grip, and as your jaws tense the muscles of your arms and shoulders and you are all you've got.

If everything goes the way it should you will have a sensation like gas will burn over you and things will fly over you with immense respect. Your reputation as a man of super strength will spread all over the land. Everywhere you go people will be asking you to tear telephone books apart. Try it and see for you self.

6 Spike and Iron Bar Breaking Made Easy

With how easy a manner it is so often said by you soldiers that you have learned to break by your drill, that Bar Breaking, Chaining, Geot Means Practice with it, and you will gain the ability to do size you think with you a remarkable strength. Just imagine picking up a six inch spike. Ask you suddenly to break it. How even could the odds in trying, he inevitably fails to cut even the slightest kink in the spike. It is an insult to you and within seconds you have not only split it, you have broken it entirely in two pieces.

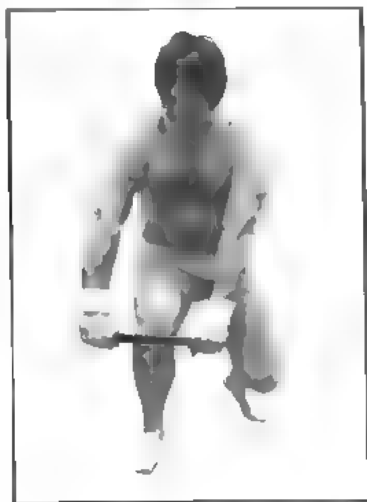
Spike Breaking.

Illustrated by Sergeant "Gus" of Norfolk, England.

It will take you a few months you have learned to break by your drill, that Bar Breaking, Chaining, Geot Means Practice with it, and you will gain the ability to do size you think with you a remarkable strength. Just imagine picking up a six inch spike. Ask you suddenly to break it. How even could the odds in trying, he inevitably fails to cut even the slightest kink in the spike. It is an insult to you and within seconds you have not only split it, you have broken it entirely in two pieces.

For a spike to be broken will require a canvas. An iron size will be cut by a B.

S. age 1

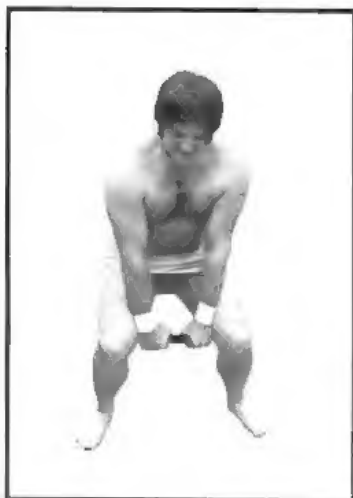


2. Adopt a position as illustrated (Stage 1), keeping the feet in a good solid position. Use the knee as shown in the photograph. In this way you will be able to bend the spike around the knee and get a "start" on the breaking process.

The second stage involves a change of position. You have bent the spike as much as possible during Stage 1 and now you need to increase the bend by adopting the second position.

Still holding tightly onto the bar or spike, you now change leg positions, whereby your knees are about 15 inches apart. Hold the spike as illustrated, and complete the second part of the first bend by aiding the hands and wrists with the inner part of the thighs

Stage 2.



- 3 Now is the time to "unbend" the bent bar. This is a most crucial part (Stage 3); in fact this is the most important stage if you are serious about breaking the spike.

Follow the exact hand placing as illustrated. The hand on the right is the hand that bends the nail. Note its position. Be sure to use the soft part of your hand just under the thumb so that you enjoy the utmost leverage which is vital in aiding spike breaking. Continue through stage 1, 2 and 3 until the spike breaks.

Stage 3



It is always a good idea to start with thinner gauge spikes at first (6" ovals are good). Gradually you will develop further skill, strength and stamina (you need all three!) to go to work on heavier metal.

Don't use sharp spikes. They can hurt; use plenty of canvas to protect your hands.

THE END OF HERCULES II — THE BEGINNING OF YOU!

This is your last weekly lesson. If you have been faithful in your Hercules II workouts, then you **HAVE GAINED FANTASTICALLY IN MUSCULAR SIZE, TONE, FITNESS AND STRENGTH**. If you have followed our instructions to the letter, then you will have made great progress. In fact it would be virtually impossible for you to not have made gains in muscular development.

We hope now that you have got into the habit of exercising regularly, you will continue with your body-building workouts. You may want to get even bigger, or you may just want to train to keep super fit. Whatever your reasons, regular exercise is one of the most beneficial things in the entire world. If you don't want added size, then why not train a little less strenuously just to keep the muscles you now have in tip-top shape for the rest of your life. Believe us — **THERE IS NO MORE REWARDING FEELING THAN KNOWING YOU ARE IN TOP PHYSICAL CONDITION**. You feel **S—T—R—O—N—G**, ready for action. Your waist is flat and rock-hard. Your panther legs are ready to take you anywhere you will them, in triple-quick time. Your chest swells to monumental depth, your back is crowded with "Tiger" muscles of incredible definition. Anytime you bend your arms your biceps "jump" into a titanic mountain of pure rock-hard muscle. Flex them and they form a "peek" that would put a full-sized melon in the shade.

Yes sir! Muscles are worth millions! Of all the top stars in physical culture — men who have worked for their health, fitness and physique — we have **NEVER MET ONE SOLITARY INDIVIDUAL WHO WOULD TRADE HIS PERFECT PHYSICAL CONDITION FOR EVEN ONE MILLION DOLLARS!**

So remember, a little exercise and attention to your diet will go a long way. That's the beauty of body building. Once you have built a championship body, it takes hardly any effort to maintain this condition.

On the other hand, if you want to make even more progress you should continue working **HARD** at your exercise program. As long as you continue giving it all you've got, your muscles will continue to improve. Stop and think about that! Just imagine what you will look like! You could continue until your body is developed to its fullest degree. Your body has a lot of potential. But remember, muscles are unpredictable. Some weeks they will just not seem to be growing, whereas other times they will seem to be growing almost every day. Day after day. Your gains will not come with "clockwork" regularity. Muscles tend to suddenly grow an inch or two, and then level off. Then if you keep training, they will suddenly spurt forward again, showing a further increase. Between spasms of growth you might reach a stale period at which time the muscles do not continue steady growth. At such "sticking points" you should eat more protein foods, perhaps even increase your milk intake substantially. Protein supplements have broken sticking points for some of the Nation's most famous physique stars. They simply added a good protein powder to a glass of milk or cream and consumed it after a workout. You should always bear in mind that **MUSCLE IS ALMOST COMPLETELY BUILT FROM PURE PROTEIN!**

Consequently only pure organic protein can build muscle. A PROTEIN SUPPLEMENT IS YOUR BEST ASSURANCE THAT YOU WILL NOT BE WASTING YOUR TRAINING EFFORTS!

We would like to say a word about personal conduct at this point. Once you have built big muscles you should not "show off" to your friends. Don't constantly pose your arms and flex your muscles to impress your buddies. This is one of the quickest ways to lose friends. If you have a good physique then your friends will notice without your having to "flex up" every few minutes to push your "lumps" under their noses to draw attention to yourself.

Conduct yourself quietly. Adopt an air of calm self-assured confidence. Don't be a loudmouth! People will hate you for it no matter how impressive your physique. Don't pose when at the beach. Simply stand with good posture, with your arms close to your sides. Don't "lat spread" (stand with arms outstretched at the sides away from the body). You will look ridiculous if you stand like this. Besides, dogs are liable to bark at you if you adopt this ridiculous posed position.

President Roosevelt wrote: "Walk softly, but carry a big stick". Your muscles are your "big stick" — make sure you walk "softly" with it.

We will keep your name on file at the Hercules II offices. You are one of the few people in this land who is genuinely interested in physical culture and body development. That makes you a special kind of person. Needless to say, your file is kept in a locked fireproof cabinet and your completed order form is kept strictly confidential.

Should we get news of any further developments in the form of muscle-building breakthroughs, improved protein products, secret exercises, etc., we will let you know. Meanwhile, we take this opportunity of wishing you the very best luck in life. Keep training. Be healthy and above all, give life all you've got. We only go around but once!

P.S. —

We hope that you will induce your friends to enroll with us, so that we can help them too. Just send their names and addresses..

Although this lesson completes our course, we want you to feel free to write to us at any time if you ever have any questions.

With our very best wishes and sincere and warm handshake, we wish you health, strength, long life and happiness!